



February 2016

Middle School Breakfast & Lunch Menu



Due to our constant pursuit of excellence SFE will enhance our menus through students feedback, surveys, parent meetings, recipe development and marketing trends.

| Monday 1 | Tuesday 2 | Wednesday 3 | Thursday 4 | Friday 5 | |
|--|---|---|---|---|--|
| Turkey & Cheese Sandwich Spicy Crispy Chicken Salad Ham & Cheese Pita Popcorn Chicken Cheddar Cheese Quesadilla Fresh Fruit & Vegetable Bar Variety of Milk Breakfast | Cheese Pizza Crispy Chicken Salad Hamburger Beef & Bean Burrito Chicken Alfredo Fresh Fruit & Vegetable Bar Variety of Milk Breakfast | Ham & Cheese Sandwich Chicken Teriyaki Beef Tacos Beef Nachos Chicken Caesar Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast | Pepperoni Pizza Chef Salad Chicken Sandwich Macaroni & Cheese Supreme Beef Navajo Fresh Fruit & Vegetable Bar Variety of Milk Breakfast | Fajita Chicken & Vegetable Turkey Melt Beef & Bean Burrito Crispy Chicken Salad Ham, Turkey & Cheese Sandwich Fresh Fruit & Vegetable Bar Variety of Milk Breakfast | |
| Scrambled Egg Chorizo Fresh Fruit Selection Assorted Low Sugar Cereal | Scrambled Egg & Ham Fresh Fruit Selection Assorted Low Sugar Cereal | Waffle Fresh Fruit Selection Assorted Low Sugar Cereal | Homemade Oatmeal Fresh Fruit Selection Assorted Low Sugar Cereal | Scrambled Eggs Fresh Fruit Selection Assorted Low Sugar Cereal | |
| Monday 8 | Tuesday 9 | Wednesday 10 | Thursday 11 | Friday 12 | |
| Chef Salad Cheese Pizza Hamburger Chicken Tenders Chicken Alfredo Fresh Fruit & Vegetable Bar Variety of Milk Breakfast | Pepperoni Pizza Turkey & Cheese Sandwich Spicy Chicken Sandwich Cheese Chilaquiles Hawaiian BBQ Kahlua Fresh Fruit & Vegetable Bar Variety of Milk Breakfast | Cheese Pizza Crispy Chicken Salad Beef Nachos Teriyaki Beef & Broccoli Bean & Cheese Tostada Fresh Fruit & Vegetable Bar Variety of Milk Breakfast | Grilled Cheese w/ Soup Sweet & Sour Chicken Beefy macaroni Ham & Cheese Sandwich Pepperoni Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast | Orange Chicken Ham & Cheese Pita Spaghetti w/ meat sauce Chef Salad Cheese Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast | |
| Fluffy Pancake Fresh Fruit Selection Assorted Low Sugar Cereal | Scrambled Egg & Sausage Fresh Fruit Selection Assorted Low Sugar Cereal | Waffle Fresh Fruit Selection Assorted Low Sugar Cereal | Bean & Cheese Burrito Fresh Fruit Selection Assorted Low Sugar Cereal | Homemade Oatmeal Fresh Fruit Selection Assorted Low Sugar Cereal | |
| Monday 15 | Tuesday 16 | Wednesday 17 | Thursday 18 | Friday 19 | |
|  | Chef Salad Ham & cheese Sandwich Spicy Chicken Sandwich Chicken Fajitas Spaghetti w/ meat sauce Fresh Fruit & Vegetable Bar Variety of Milk Breakfast | Supreme Pizza Hot Dog Orange Chicken Beef Tacos Crispy Chicken Salad Fresh Fruit & Vegetable Bar Variety of Milk Breakfast | Turkey & Cheese Sandwich Mouth watering Cheeseburger Macaroni & Cheese Cheese Enchiladas Pepperoni Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast | Chicken Caesar Salad Hamburger Fish Patty Beef Tacos Ham, Turkey & Cheese Sandwich Fresh Fruit & Vegetable Bar Variety of Milk Breakfast | |
| | Scrambled Eggs Fresh Fruit Selection Assorted Low Sugar Cereal | Waffle Fresh Fruit Selection Assorted Low Sugar Cereal | Cinnamon Rolls Fresh Fruit Selection Assorted Low Sugar Cereal | Golden Pancakes Fresh Fruit Selection Assorted Low Sugar Cereal | |
| Monday 22 | Tuesday 23 | Wednesday 24 | Thursday 25 | Friday 26 | |
| Pepperoni Pizza Chef Salad Sweet & Sour Chicken Cheese- Filled Breadstick Turkey & Cheese Sandwich Fresh Fruit & Vegetable Bar Variety of Milk Breakfast | Beef Taco Salad Ham & Cheese Sandwich Hamburger Chicken Nuggets Chicken Alfredo Fresh Fruit & Vegetable Bar Variety of Milk Breakfast | Chicken Chop Suey Beef Nachos Hot Dog Crispy Chicken Salad Pepperoni Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast | Beefy Macaroni Cheese Enchilada Chicken Sandwich Chicken Caesar Salad Cheese Pizza Fresh Fruit & Vegetable Bar Variety of Milk Breakfast | Caribbean Chicken Salad Mouth watering Cheeseburger Chicken Teriyaki Cheese Pizza Ham, Turkey & Cheese Sandwich Fresh Fruit & Vegetable Bar Variety of Milk Breakfast | |
| Ham & Cheese Quesadilla Fresh Fruit Selection Assorted Low Sugar Cereal | Scrambled Egg & Cheese Fresh Fruit Selection Assorted Low Sugar Cereal | Cinnamon Rolls Fresh Fruit Selection Assorted Low Sugar Cereal | Bean & Cheese Burrito Fresh Fruit Selection Assorted Low Sugar Cereal | Scrambled Egg Chorizo Fresh Fruit Selection Assorted Low Sugar Cereal | |
| Monday 29 | <div data-bbox="354 1470 1063 1596" data-label="Text"> <h3>Join us on February 12th & enjoy a delicious Heart Pizza</h3> </div> <div data-bbox="1079 1428 1218 1543" data-label="Image"> </div> | | | <div data-bbox="1226 1428 1469 1554" data-label="Text"> <h3>Free Breakfast & Lunch for Students</h3> </div> <div data-bbox="1258 1564 1469 1648" data-label="Text"> <p>Adults Meal Prices Breakfast; \$2.25 Lunch: \$3.25</p> </div> | |
| Chef Salad Cheese Quesadilla Hot Dog Cheeseburger Sweet & Sour Chicken Fresh Fruit & Vegetable Bar Variety of Milk Breakfast | | | | | |
| Ham & Cheese Quesadilla Fresh Fruit Selection Assorted Low Sugar Cereal | | | | | |

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