



# February 2012

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



High School Menu		Wednesday 1	Thursday 2	Friday 3		
<p>Meal Prices</p> <p>Paid Lunch \$2.05</p> <p>Reduced Price Lunch \$.40</p> <p>Adult Lunch \$2.40</p> <p>Paid Breakfast \$1.10</p> <p>Reduced Price Breakfast \$.30</p> <p>Adult Breakfast \$1.35</p> <p>Milk \$.40</p>				<p><b>Traditional Cuisine:</b> Rotini with Meatsauce <b>Adobe Grill:</b> Chicken Tostada <b>Ballpark Classics:</b> Chicken Tenders <b>Gourmet Greens:</b> Ham and Cheese Salad <b>Luigi's Eatery:</b> Pepperoni Pizza <b>Red Dragon:</b> Chop Suey Fresh Fruit &amp; Vegetable Bar Variety of Milk</p> <p><b>Breakfast</b> Scrambled Eggs with Cheese Fresh Fruit Selection Assorted Low Sugar Cereal</p>	<p><b>Traditional Cuisine:</b> Beef Stroganoff <b>Adobe Grill:</b> Cheese Quesadilla <b>Ballpark Classics:</b> Spicy Chicken Sandwich <b>Gourmet Greens:</b> Crispy Chicken Salad <b>Luigi's Eatery:</b> Spicy Chicken Pizza <b>Red Dragon:</b> Sweet and Sour Chicken Fresh Fruit &amp; Vegetable Bar Variety of Milk</p> <p><b>Breakfast</b> Sausage and Cheese Biscuit Fresh Fruit Selection Assorted Low Sugar Cereal</p>	<p><b>Traditional Cuisine:</b> Sheppard's Pie <b>Adobe Grill:</b> Chicken and Rice Burrito <b>Ballpark Classics:</b> BBQ Rib Sandwich <b>Gourmet Greens:</b> Taco Salad <b>Luigi's Eatery:</b> Pepperoni Pizza <b>Red Dragon:</b> Korean Chicken Fresh Fruit &amp; Vegetable Bar Variety of Milk</p> <p><b>Breakfast</b> Biscuits and Gravy Fresh Fruit Selection Assorted Low Sugar Cereal</p>
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10		
<p><b>Traditional Cuisine:</b> Pasta Primavera <b>Adobe Grill:</b> Bean and Cheese Tostada <b>Ballpark Classics:</b> Corn Dogs <b>Gourmet Greens:</b> Buffalo Chicken Salad <b>Luigi's Eatery:</b> Pepperoni Pizza <b>Red Dragon:</b> Chicken Chow Mein Fresh Fruit &amp; Vegetable Bar Variety of Milk</p> <p><b>Breakfast</b> Pancakes with Sausage Fresh Fruit Selection Assorted Low Sugar Cereal</p>	<p><b>Traditional Cuisine:</b> Lemon Pepper Chicken <b>Adobe Grill:</b> Green Chili and Cheese Crisp <b>Ballpark Classics:</b> Hot Dogs <b>Gourmet Greens:</b> Chef Salad <b>Luigi's Eatery:</b> Supreme Pizza <b>Red Dragon:</b> Beef Lomein Fresh Fruit &amp; Vegetable Bar Variety of Milk</p> <p><b>Breakfast</b> Denver Style Scrambled Eggs Fresh Fruit Selection Assorted Low Sugar Cereal</p>	<p><b>Traditional Cuisine:</b> Chicken Parmesan <b>Adobe Grill:</b> Chicken and Rice Burrito <b>Ballpark Classics:</b> Spicy Chicken Sandwich <b>Gourmet Greens:</b> Chicken Caesar Salad <b>Luigi's Eatery:</b> Pepperoni Pizza <b>Red Dragon:</b> Chicken Fried Rice Fresh Fruit &amp; Vegetable Bar Variety of Milk</p> <p><b>Breakfast</b> Cinnamon Rolls Fresh Fruit Selection Assorted Low Sugar Cereal</p>	<p><b>Traditional Cuisine:</b> Beefy Macaroni <b>Adobe Grill:</b> Chicken Quesadilla <b>Ballpark Classics:</b> BBQ Rib Sandwich <b>Gourmet Greens:</b> Caribbean Salad <b>Luigi's Eatery:</b> Buffalo Chicken Pizza <b>Red Dragon:</b> Teriyaki Chicken Fresh Fruit &amp; Vegetable Bar Variety of Milk</p> <p><b>Breakfast</b> Waffles with Hash Browns Fresh Fruit Selection Assorted Low Sugar Cereal</p>	<p><b>Traditional Cuisine:</b> Spaghetti with Marinara <b>Adobe Grill:</b> Bean and Cheese Burrito <b>Ballpark Classics:</b> Mini Corn Dogs <b>Gourmet Greens:</b> Grilled Chicken Salad <b>Luigi's Eatery:</b> Pepperoni Pizza <b>Red Dragon:</b> Orange Chicken Fresh Fruit &amp; Vegetable Bar Variety of Milk</p> <p><b>Breakfast</b> Biscuits and Gravy Fresh Fruit Selection Assorted Low Sugar Cereal</p>		
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17		
<p><b>Traditional Cuisine:</b> Beef Ravioli <b>Adobe Grill:</b> Chicken Fajitas <b>Ballpark Classics:</b> Chicken Nuggets <b>Gourmet Greens:</b> BBQ Chicken Salad <b>Luigi's Eatery:</b> Pepperoni Pizza <b>Red Dragon:</b> Beef and Broccoli Fresh Fruit &amp; Vegetable Bar Variety of Milk</p> <p><b>Breakfast</b> Sausage and Cheese Burrito Fresh Fruit Selection Assorted Low Sugar Cereal</p>	<p><b>Traditional Cuisine:</b> Pasta Primavera <b>Adobe Grill:</b> Beef Taquitos <b>Ballpark Classics:</b> BBQ Rib Sandwich <b>Gourmet Greens:</b> Chicken Salad with Green <b>Luigi's Eatery:</b> Chicken Fajita Pizza <b>Red Dragon:</b> Chili Garlic Stir Fry Fresh Fruit &amp; Vegetable Bar Variety of Milk</p> <p><b>Breakfast</b> Scrambled Eggs with Cheese Fresh Fruit Selection Assorted Low Sugar Cereal</p>	<p><b>Traditional Cuisine:</b> Rotini with Meatsauce <b>Adobe Grill:</b> Beef Soft Tacos <b>Ballpark Classics:</b> Grilled Cheese <b>Gourmet Greens:</b> Harvest Chicken Salad <b>Luigi's Eatery:</b> Pepperoni Pizza <b>Red Dragon:</b> Chicken Fried Rice Fresh Fruit &amp; Vegetable Bar Variety of Milk</p> <p><b>Breakfast</b> Chocolate Doughnuts Fresh Fruit Selection Assorted Low Sugar Cereal</p>	<p><b>Traditional Cuisine:</b> Chicken Fried Steak <b>Adobe Grill:</b> Green Chili and Cheese Crisp <b>Ballpark Classics:</b> Spicy Chicken Sandwich <b>Gourmet Greens:</b> Southwest Chicken Salad <b>Luigi's Eatery:</b> Hawaiian Pizza <b>Red Dragon:</b> Veggie Lomein Fresh Fruit &amp; Vegetable Bar Variety of Milk</p> <p><b>Breakfast</b> Pancakes with Sausage Fresh Fruit Selection Assorted Low Sugar Cereal</p>	<p><b>Traditional Cuisine:</b> BBQ Chicken <b>Adobe Grill:</b> Beef and Bean Burrito <b>Ballpark Classics:</b> Chicken Tenders <b>Gourmet Greens:</b> Hawaiian Salad <b>Luigi's Eatery:</b> Pepperoni Pizza <b>Red Dragon:</b> Beef Stir Fry Fresh Fruit &amp; Vegetable Bar Variety of Milk</p> <p><b>Breakfast</b> Biscuits and Gravy Fresh Fruit Selection Assorted Low Sugar Cereal</p>		
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24		
		<p><b>Traditional Cuisine:</b> Macaroni and Cheese <b>Adobe Grill:</b> Chicken Quesadilla <b>Ballpark Classics:</b> Chicken Nuggets <b>Gourmet Greens:</b> Crispy Chicken Salad <b>Luigi's Eatery:</b> Pasta w/ Marinara Sauce <b>Red Dragon:</b> Chicken Teriyaki Stir Fry Fresh Fruit &amp; Vegetable Bar Variety of Milk</p> <p><b>Breakfast</b> Sausage Egg and Cheese Biscuit Fresh Fruit Selection Assorted Low Sugar Cereal</p>	<p><b>Traditional Cuisine:</b> Meatloaf <b>Adobe Grill:</b> Chicken and Rice Burrito <b>Ballpark Classics:</b> BBQ Rib Sandwich <b>Gourmet Greens:</b> Grilled Chicken Salad <b>Luigi's Eatery:</b> BBQ Chicken Pizza <b>Red Dragon:</b> Chicken Chow Mein Fresh Fruit &amp; Vegetable Bar Variety of Milk</p> <p><b>Breakfast</b> Pancake Wraps Fresh Fruit Selection Assorted Low Sugar Cereal</p>	<p><b>Traditional Cuisine:</b> Chicken Spaghetti <b>Adobe Grill:</b> Bean and Cheese Tostada <b>Ballpark Classics:</b> Spicy Chicken Sandwich <b>Gourmet Greens:</b> Buffalo Chicken Salad <b>Luigi's Eatery:</b> Pepperoni Pizza <b>Red Dragon:</b> Orange Chicken Fresh Fruit &amp; Vegetable Bar Variety of Milk</p> <p><b>Breakfast</b> Biscuits and Gravy Fresh Fruit Selection Assorted Low Sugar Cereal</p>		
Monday 27	Tuesday 28	Wednesday 29				
<p><b>Traditional Cuisine:</b> Chicken Fried Steak <b>Adobe Grill:</b> Cheese Quesadilla <b>Ballpark Classics:</b> Mini Corn Dogs <b>Gourmet Greens:</b> Taco Salad <b>Luigi's Eatery:</b> Pepperoni Pizza <b>Red Dragon:</b> Chop Suey Fresh Fruit &amp; Vegetable Bar Variety of Milk</p> <p><b>Breakfast</b> Ham and Cheese Quesadilla Fresh Fruit Selection Assorted Low Sugar Cereal</p>	<p><b>Traditional Cuisine:</b> Baked Ziti <b>Adobe Grill:</b> Soft Beef Tacos <b>Ballpark Classics:</b> Chicken Tenders <b>Gourmet Greens:</b> BBQ Chicken Salad <b>Luigi's Eatery:</b> Buffalo Chicken Salad <b>Red Dragon:</b> Beef Lomein Fresh Fruit &amp; Vegetable Bar Variety of Milk</p> <p><b>Breakfast</b> Oatmeal with Brown Sugar Fresh Fruit Selection Assorted Low Sugar Cereal</p>	<p><b>Traditional Cuisine:</b> Spaghetti with Meatballs <b>Adobe Grill:</b> Beef and Bean Burrito <b>Ballpark Classics:</b> Buffalo Chicken Sandwich <b>Gourmet Greens:</b> Chicken Caesar Salad <b>Luigi's Eatery:</b> Pepperoni Pizza <b>Red Dragon:</b> Sweet and Sour Chicken Fresh Fruit &amp; Vegetable Bar Variety of Milk</p> <p><b>Breakfast</b> Cinnamon Rolls Fresh Fruit Selection Assorted Low Sugar Cereal</p>	<p>Stop at the salad bar for fresh fruit and vegetables offered daily!!</p>			
<p>In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.</p> <p>To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer."</p>			<p><b>Foodservice Director:</b> Curtis Mueller</p> <p><b>Comments?</b> (816)540-5148</p> <p><b>Menu is Subject to change.</b></p>			