Sample School Menu

STUDENT: _____

TOTAL MEAL: _____



- Beef
- Chicken
- Pork / Sausage
- Vegetables
- Tofu

THE PREMIER PROMISE

Prepared Daily—no frozen foods, no MSG, and no preservatives

Naturally raised chicken and grass-fed beef, produced without artificial hormones or regular antibiotics.

Sourced from local and trusted partners for fruits and veggies

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	A	30	1 A Korean Beef Bulgogi with Rice	2 A Korean Beef Bulgogi with Rice	3 A Korean Beef Bulgogi with Rice	4 A Korean Beef Bulgogi with Rice
	B	National Day for Truth and Reconciliation	B Thai Chicken Fried Rice	B Thai Chicken Fried Rice	B Thai Chicken Fried Rice	B Thai Chicken Fried Rice
	C		C Pork with Mushroom Sauce on Rice	C Beef Marinara Pasta	C Teriyaki Chicken with Rice	C Classic Alfredo Pork Pasta
	D		D1 California Roll D2 Cucumber Roll	D Meatball with Mash Potato	D Chicken Yaki Noodles	D Cheese Quesadilla with Hash Browns
	E		E Creamy Mushroom Pasta	E Vegetarian Marinara Pasta	E Teriyaki Tofu with Rice	E Vegetarian Crumbs in Alfredo with Pasta
WEEK 2	A	7 A Korean Beef Bulgogi with Rice	8 A Korean Beef Bulgogi with Rice	9 A Korean Beef Bulgogi with Rice	10 A Korean Beef Bulgogi with Rice	11 A Korean Beef Bulgogi with Rice
	B	B Thai Chicken Fried Rice	B Thai Chicken Fried Rice	B Thai Chicken Fried Rice	B Thai Chicken Fried Rice	B Thai Chicken Fried Rice
	C	C Stir Fry Beef & Potato with Rice	C Chicken Ala King Pasta	C BBQ Pork with Rice	C Baked Chicken Pasta	C Honey Garlic Pork with Rice
	D	D Spring Rolls with Vermicelli Salad	D1 California Roll D2 Cucumber Roll	D Chicken in Puff Pastry with Butter Corn	D Chicken Fried Rice	D Corn Dog with Fries
	E	E Stir Fry Potato with Rice	E Vegetarian Crumbs in Ala King with Pasta	E Tofu in BBQ Sauce with Rice	E Mushroom with Creamy Sauce Pasta	E Honey Garlic Tofu with Rice
WEEK 3	A	14	15 A Chicken Noodle Soup with Tuna Sandwich	16 A Chicken Noodle Soup with Tuna Sandwich	17 A Chicken Noodle Soup with Tuna Sandwich	18 A Chicken Noodle Soup with Tuna Sandwich
	B	Thanksgiving Day	B Taiwan Braised Pork Rice	B Taiwan Braised Pork Rice	B Taiwan Braised Pork Rice	B Taiwan Braised Pork Rice
	C		C Sausage Mac & Cheese	C Beef & Vegetable in Brown Sauce with Rice	C Stir Fry Chicken Noodles	C Pork with Creamy Corn Sauce on Rice
	D		D1 California Roll D2 Cucumber Roll	D Chicken Nugget with Pasta Salad	D Salted Chicken with Infused Rice	D Grilled Pork Strips Rice
	E		E Vegetarian Mac & Cheese	E Veggie in Brown Sauce with Rice	E Stir Fry Noodle	E Tofu with Creamy Corn Sauce on Rice
WEEK 4	A	21 A Chicken Noodle Soup with Tuna Sandwich	22 A Chicken Noodle Soup with Tuna Sandwich	23 A Chicken Noodle Soup with Tuna Sandwich	24 A Chicken Noodle Soup with Tuna Sandwich	25
	B	B Taiwan Braised Pork Rice	B Taiwan Braised Pork Rice	B Taiwan Braised Pork Rice	B Taiwan Braised Pork Rice	Pro-D Day
	C	C Pork Carnitas Pasta	C Japanese Curry Chicken with Rice	C Italian Tomato Beef Pasta	C Sweet & Sour Pork with Rice	
	D	D Chicken Nuggets with Fries	D1 California Roll D2 Cucumber Roll	D Chicken Strips with Salad	D Dumplings with Veggies	
	E	E Vegetarian Carnitas Pasta	E Curry Tofu with Rice	E Italian Tomato Pasta	E Sweet & Sour Mushroom with Rice	
WEEK 5	A	28 A Beef Chili with Dinner Roll	29 A Beef Chili with Dinner Roll	30 A Beef Chili with Dinner Roll	31 A Beef Chili with Dinner Roll	
	B	B Sesame Chicken on Rice	B Sesame Chicken on Rice	B Sesame Chicken on Rice	B Sesame Chicken on Rice	
	C	B Malaysian Style Pork with Rice	C Beef Taco Pasta	C Chicken with Coconut Sauce on Rice	C Dynamite Beef Lasagna	
	D	D Chicken Fries with Coleslaw	D1 California Roll D2 Cucumber Roll	D Pork Yaki Noodles	D Popcorn Chicken with Salad	
	E	E Malaysian Style Veggie with Rice	E Vegetarian Taco Pasta	E Mushroom in Coconut Sauce with Rice	E Veggie Lasagna	