



January 2012

VALLECITOS SCHOOL DISTRICT



Preferred Meal Systems, Inc.
preferredmealsystems.com

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>	<p>3</p> <p>CHEESY EGG, POTATO & TURKEY SAUSAGE INCREDI-BOWL</p> <p>Honey Belly Bears Blended Fruit Juice</p>	<p>4</p> <p>RAISIN BRAN (WHOLE GRAIN)</p> <p>Buttermilk Bar Grape Juice</p>	<p>5</p> <p>GOLDEN PANCAKES</p> <p>Apple Juice</p>	<p>6</p> <p>BLUEBERRY MUFFIN</p> <p>Orange Juice</p>
<p>9</p> <p>FROSTED FLAKES (REDUCED SUGAR)</p> <p>Apple Granola Square Blended Fruit Juice</p>	<p>10</p> <p>FRENCH TOAST STICKS</p> <p>Apple Juice</p>	<p>11</p> <p>APPLE MUFFIN</p> <p>Fresh Banana*</p>	<p>12</p> <p>CHEESE OMELET</p> <p>Graham Crackers Orange Pineapple Juice</p>	<p>13</p> <p>CORN POPS</p> <p>Cinnamon Raisin Bagel Apple Juice</p>
<p>16</p>	<p>17</p> <p>PANCAKE & TURKEY SAUSAGE ON A STICK</p> <p>Orange Pineapple Juice</p>	<p>18</p> <p>BANANA MUFFIN</p> <p>Fresh Apple*</p>	<p>19</p> <p>BREAKFAST BURRITO</p> <p>Blended Fruit Juice</p>	<p>20</p> <p>CRISPIX</p> <p>Rockin' Raisin Muffin Apple Juice</p>
<p>23</p> <p>COCOA KRISPIES</p> <p>Cinnamon Breakfast Square Blended Fruit Juice</p>	<p>24</p> <p>CHICKEN BISCUIT</p> <p>Grape Juice</p>	<p>25</p> <p>APPLE JACKS REDUCED SUGAR</p> <p>Cinnamon Superstix Fresh Orange*</p>	<p>26</p> <p>BUTTERMILK WAFFLES W/SAUSAGE</p> <p>Apple Juice</p>	<p>27</p> <p>BANANA MUFFIN</p> <p>Orange Pineapple Juice</p>
<p>30</p> <p>FROOT LOOPS (LOW SUGAR)</p> <p>Apple Granola Square Orange Pineapple Juice</p>	<p>31</p> <p>TURKEY SAUSAGE EGG&CHEESE MORNING MUNCHIES</p> <p>Apple Juice</p>			

***ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF MILK.

***MENU SUBJECT TO CHANGE.



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4-12 TRADITIONAL (LNJH)



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Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 MINI CORN DOGS W/POTATO FUN SHAPES Blue Raspberry Frozen Juice Bar	4 CRISPY CHICKEN FILLET (WHOLE GRAIN) Cut Green Beans Blended Fruit Juice Hamburger Bun Oatmeal Cookie	5 CHEESE PISA PIZZA (WHOLE WHEAT) Mixed Fruit Cup Grape Juice PopCorners	6 MEATLOAF W/TOMATO SAUCE Mashed Potatoes Pear Cup Hamburger Bun Cheddar Goldfish Crackers
9 CHICKEN TENDERS (Whole Grain) W/POTATO WEDGES Mixed Fruit Cup Healthy Bread Basket	10 TEX MEX TURKEY RICE BOWL Refried Beans Pineapple Cup Corn Muffin	11 FRENCH TOAST STICKS W/SAUSAGE Potato Rounds Funky Fruit Punch Applesauce (all natural)	12 CHEESE PIZZA DIPPERS Marinara Dipping Sauce Baby Carrots Fresh Apple* Snickerdoodle Cookie	13 CHARBROILED HAMBURGER Maple Baked Beans Fresh Banana* Hamburger Bun Fritos
16 	17 HOMESTYLE CHILI W/BEANS Buttered Corn Cherry Frozen Juice Bar Tortilla Rounds (WG)	18 CHICKEN DIPPERS (whole grain) W/TOMATO PARMESAN SAUCE Applesauce Cup Soft Breadstick	19 PEPPERONI PISA PIZZA (WHOLE WHEAT) Baby Carrots Pear Cup	20 HOT DOG FRENCH FRIES Fresh Orange* Hot Dog Bun
23 BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS Fresh Pear* Healthy Bread Basket	24 BEEF BURRITO Buttered Corn Fresh Banana* Mini Pretzels	25 SPAGHETTI (WHOLE WHEAT) W/ MEAT SAUCE Cut Green Beans Mixed Fruit Cup Garlic Bread	26 CHEESE PIZZA DIPPERS Marinara Dipping Sauce Baby Carrots Peach Cup Oatmeal Cookie	 BAGEL DOG (WHOLE GRAIN) Potato Wedges Apple Juice Goldfish Crackers
30 POPCORN CHICKEN W/POTATO FUN SHAPES Pineapple Cup Corn Muffin	31 TURKEY TACO MEAT Fiesta Corn Fresh Pear* Tortilla Rounds (WG)			

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