December 2011

ARCHDIOCESE OF LOS ANGELES

Preferred Meal Systems, Inc.
preferredmealsystems.com

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
			1 **FROOT LOOPS (REDUCED SUGAR)** Whole Wheat Bagel Orange Juice Milk	2 **APPLE MUFFIN** Blended Fruit Juice Jungle Crackers Milk
5 **HONEY NUT CHEERIOS (WHOLE GRAIN)** Buttermilk Bar Blended Fruit Juice Milk	6 **TURKEY HAM & CHEESE ON ENGLISH MUFFIN** Grape Juice Cinnamon Elf Grahams Milk	7 **CINNAMON SWIRL FRENCH TOAST** Apple Juice Honey Belly Bears Milk	8 **FROSTED MINI WHEATS (WHOLE GRAIN)** Cinnamon Breakfast Square Orange Juice Milk	9 **BANANA MUFFIN** Grape Juice Milk
12 **FROSTED FLAKES (LOW SUGAR) WHOLE GRAIN** Apple Granola Square Blended Fruit Juice Milk	13 **FRENCH TOAST STICKS** Apple Juice Milk	14 **CHEESY EGG, POTATO & TURKEY SAUSAGE INCREDI-BOWL** Graham Crackers Orange Pineapple Juice Milk	15 **CORN POPS** Cinnamon Raisin Bagel Apple Juice Milk	16 **BLUEBERRY MUFFIN** Grape Juice Milk
19	20	21	22	23
26	27	28	29	30

Holiday Break

***ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS. ***MENU SUBJECT TO CHANGE.

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4-12 TRADITIONAL (LNC2)

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch menus meet the following USDA weekly nutrient averages Calories - 785 (kcal) Protein - 15 (gm) Calcium - 370 (mg) Iron - 4.2 (mg) Vitamin A - 285 (RE) Vitamin C - 17 (mg) Total Fat < 30%, Saturated < 10%			1 **HOT DOG** **MEATBALL SUB W/TOMATO SAUCE** French Fries Fresh Pear* Hot Dog Bun Cheddar Goldfish Crackers Milk	2 **CHEESE PISA PIZZA (WHOLE WHEAT)** **BEEF BURRITO** Mixed Green Salad Peach Cup Mini Pretzels Milk
5 **POPCORN CHICKEN W/POTATO FUN SHAPES** **MINI CORN DOGS W/POTATO FUN SHAPES** Grape Juice Cheese on Cheese Crackers Milk	6 **HOMESTYLE CHILI W/BEEF & BEANS** **FRENCH BREAD PEPPERONI PIZZA** Buttered Corn **NEW!** Wacky Watermelon Applerageous (all natural) Corn Muffin Milk	7 **BEAN & CHEESE BURRITO** **CHEESEBURGER** Hamburger Bun Green Garden Peas Fresh Apple* Tortilla Rounds (Whole Grain) Milk	8 **CHEESE PIZZA DIPPERS Marinara Dipping Sauce** **SWEET & SOUR BROWN RICE BOWL W/CHICKEN** Baby Carrots Mixed Fruit Cup Mini Pretzels Milk	9 **CHARBROILED HAMBURGER** **CHICKEN & BEAN BURRITO** French Fries Fresh Orange* Hamburger Bun Vanilla Cookie Milk
12 **MINI CORN DOGS W/POTATO FUN SHAPES** **BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS** Blended Fruit Juice Fritos Milk	13 **- Feature -** **GRILLED CHICKEN MARINARA W/ WHOLE GRAIN PASTA FUN SHAPES** **FRENCH BREAD CHEESE PIZZA** Cut Green Beans Peach Cup Garlic Bread Holiday Sparkle Cookie Milk	14 **PEPPERONI PISA PIZZA (WHOLE WHEAT)** **CHARBROILED HAMBURGER** Hamburger Bun Mixed Green Salad Pineapple Cup PopCorners Milk	15 **CRISPY CHICKEN FILET (Whole Grain)** **MEATBALL SUB W/TOMATO SAUCE** Garden Vegetables Fresh Banana* Hamburger Bun Hot Dog Bun Goldfish Crackers Milk	16 **SALISBURY STEAK W/GRAVY** **BEAN & CHEESE BURRITO** Mashed Potatoes Fresh Pear* Hamburger Bun Snickerdoodle Cookie Milk
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