



# January 2012

ARCHDIOCESE OF LOS ANGELES



Preferred Meal Systems, Inc.  
preferredmealsystems.com

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
 2 BERRY BERRY KIX (WHOLE GRAIN) Blueberry Muffin Blended Fruit Juice Milk	3 <b>HONEY NUT CHEERIOS (WHOLE GRAIN)</b> Apple Granola Square Orange Pineapple Juice Milk	4 <b>BEEF SAUSAGE PATTY ON A BISCUIT</b> Grape Juice Milk	5 <b>FROOT LOOPS (REDUCED SUGAR)</b> Whole Wheat Bagel Orange Juice Milk	6 <b>APPLE MUFFIN</b> Blended Fruit Juice Jungle Crackers Milk
9 <b>BERRY BERRY KIX (WHOLE GRAIN)</b> Blueberry Muffin Blended Fruit Juice Milk	10 <b>TURKEY HAM &amp; CHEESE ON AN ENGLISH MUFFIN</b> Grape Juice Cinnamon Elf Grahams Milk	11 <b>GOLDEN PANCAKES</b> Apple Juice Honey Belly Bears Milk	12 <b>FROSTED MINI WHEATS (WHOLE GRAIN)</b> Buttermilk Bar Orange Juice Milk	13 <b>BANANA MUFFIN</b> Grape Juice Milk
 16 <b>BERRY BERRY KIX (WHOLE GRAIN)</b> Blueberry Muffin Blended Fruit Juice Milk	17 <b>FRENCH TOAST STICKS</b> Apple Juice Milk	18 <b>CHEESY EGG, POTATO &amp; TURKEY SAUSAGE INCREDI-BOWL</b> Graham Crackers Orange Pineapple Juice Milk	19 <b>CORN POPS</b> Cinnamon Raisin Bagel Apple Juice Milk	20 <b>BLUEBERRY MUFFIN</b> Grape Juice Jungle Crackers Milk
23 <b>APPLE CINNAMON CHEERIOS (WHOLE GRAIN)</b> Cinnamon Breakfast Square Blended Fruit Juice Milk	24 <b>TURKEY SAUSAGE EGG &amp; CHEESE MORNING MUNCHIES</b> Blended Fruit Juice Apple Waffle Crackers Milk	25 <b>BUTTERMILK WAFFLES</b> Grape Juice Milk	26 <b>FROSTED FLAKES (LOW SUGAR) WHOLE GRAIN</b> Sliced Bagel Orange Juice Milk	27 <b>APPLE MUFFIN</b> Orange Pineapple Juice Honey Belly Bears Milk
30 <b>COCOA KRISPIES</b> Superstix W/Strawberry Cream Cheese Orange Pineapple Juice	31 <b>PANCAKE &amp; TURKEY SAUSAGE ON A STICK</b> Orange Juice Milk			

\*\*\*ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS.

\*\*\*MENU SUBJECT TO CHANGE.

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4-12 TRADITIONAL(LNC2)

Monday	Tuesday	Wednesday	Thursday	Friday
 2	<b>MINI CORN DOGS W/POTATO FUN SHAPES</b> <b>POPCORN CHICKEN W/POTATO COINS</b> Blue Raspberry Frozen Juice Bar PopCorners Milk	<b>ROTINI BAKE W/MEAT SAUCE</b> <b>FRENCH BREAD PEPPERONI PIZZA</b> Cut Green Beans Peach Cup Garlic Bread Milk	<b>MEATLOAF SANDWICH W/GRAVY</b> <b>CRISPY CHICKEN FILET (Whole Grain)</b> Mashed Potatoes Fresh Pear* Hamburger Bun Cheddar Goldfish Crackers Milk	<b>CHEESE PISA PIZZA</b> <b>CHICKEN &amp; BEAN BURRITO</b> Baby Carrots Cinnamon Applesauce Vanilla Cookie Milk
<b>BEAN &amp; CHEESE BURRITO</b> <b>BAKED CHICKEN NUGGETS (WHOLE GRAIN)</b> Fiesta Corn Orange Pineapple Juice Corn Muffin Milk	<b>CHICKEN TENDERS (Whole Grain) W/POTATO WEDGES</b> <b>CHEESE PISA PIZZA (WHOLE WHEAT)</b> Potato Wedges Mixed Fruit Cup Mini Pretzels Milk	<b>CHARBROILED HAMBURGER</b> <b>GRILLED BBQ CHICKEN FILLET</b> Maple Baked Beans Fresh Apple* Hamburger Bun Fritos Milk	<b>FRENCH BREAD PEPPERONI PIZZA</b> <b>BEEF BURRITO</b> Baby Carrots Pineapple Cup Snickerdoodle Cookie Milk	<b>SWEET &amp; SOUR BROWN RICE BOWL W/CHICKEN</b> <b>HOT DOG FRENCH FRIES</b> Hot Dog Bun Fresh Banana* Chocolate Chip Muffin Milk
 16	<b>HOMESTYLE CHILI W/BEEF &amp; BEANS</b> <b>CRISPY CHICKEN TENDERS (WHOLE GRAIN)</b> Buttered Corn Grape Juice Tortilla Rounds (Whole Grain) Milk	<b>CHICKEN DIPPERS (whole grain) W/TOMATO PARMESAN SAUCE</b> <b>CHEESEBURGER W/BAKED BEANS</b> Hamburger Bun Funky Fruit Punch Applesauce (all natural) Garlic Bread Milk	<b>HOT DOG</b> <b>CREAMY MACARONI AND CHEESE</b> French Fries Fresh Orange* Hot Dog Bun Milk	<b>PEPPERONI PISA PIZZA (WHOLE WHEAT)</b> <b>BEAN &amp; CHEESE BURRITO</b> Baby Carrots Pear Cup Milk
 <b>BAGEL DOG (WHOLE GRAIN)</b> <b>FRENCH BREAD PEPPERONI PIZZA</b> Potato Wedges Apple Juice Cheddar Goldfish Crackers Milk	<b>SPAGHETTI W/MEAT SAUCE (WHOLE GRAIN)</b> <b>TERIYAKI GLAZED CHICKEN W/BROWN RICE</b> Green Garden Peas Mixed Fruit Cup Garlic Bread Milk	<b>BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS</b> <b>MINI CORN DOGS W/POTATO FUN SHAPES</b> Fresh Pear* Whole Wheat Bread Fritos Milk	<b>CHEESE PIZZA DIPPERS</b> Marinara Dipping Sauce <b>CHICKEN &amp; BEAN BURRITO</b> Mixed Green Salad Peach Cup Oatmeal Cookie Milk	<b>ZESTY TACO MEAT</b> <b>CRISPY CHICKEN FILET (Whole Grain)</b> Hamburger Bun Buttered Corn Fresh Banana* Tortilla Rounds (Whole Grain) Corn Muffin Milk
<b>LOW FAT TOASTED CHEESE ON WHEAT BREAD</b> <b>FRENCH BREAD PEPPERONI PIZZA</b> Tomato Soup Grape Juice Goldfish Crackers Milk	<b>POPCORN CHICKEN W/POTATO FUN SHAPES</b> <b>MINI CORN DOGS W/POTATO FUN SHAPES</b> Pineapple Cup Corn Muffin Milk			

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