



School Lunch  
LET'S GROW  
HEALTHY

**OCTOBER 2011**

ARCHDIOCESE OF LOS ANGELES

4-12 TRADITIONAL 5, 6, 8CZ



Preferred Meal Systems, Inc.  
preferredmealsystems.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS MINI CORN DOGS W/POTATO FUN SHAPES Cherry Frozen Juice Bar Corn Muffin Milk	ZESTY TACO MEAT CHEESE PIZZA DIPPERS Refried Beans NEW! Funky Fruit Punch Applesauce (all natural) Tortilla Rounds (Whole Grain) Milk	SWEET & SOUR BROWN RICE BOWL W/CHICKEN ROTINI W/MEATS SAUCE & MIXED VEGETABLES Fresh Apple* Garlic Bread Green Garden Peas Milk	FRENCH BREAD CHEESE PIZZA BEEF BURRITO Tossed Salad Pear Cup Goldfish Crackers Milk	CHEESEBURGER CRISPY CHICKEN FILET (Whole Grain) Glazed Carrots Fresh Orange* Hamburger Bun Fall Cookie Milk
MINI CORN DOGS FRENCH BREAD PEPPERONI PIZZA Potato Fun Shapes Blue Raspberry Frozen Juice Bar Multigrain Sun Chips Milk	TOASTED TURKEY HAM & CHEESE SANDWICH TACO LUNCH MUNCHIES STUFFED SANDWICH Potato Rounds Mixed Fruit Cup Mini Pretzels Milk	WHOLE GRAIN CHILI & CHEESE QUESADILLA CHICKEN JAMBALAYA Corn & Carrots Peach Cup Corn Muffin Milk	CRISPY CHICKEN TENDERS (WHOLE GRAIN) CHARBROILED HAMBURGER Cut Green Beans Fresh Apple* Hamburger Bun Whole Wheat Bread Milk	CHEESE PIZZA DIPPERS Marinara Dipping Sauce BEAN & CHEESE BURRITO Baby Carrots Pineapple Cup PopCorners Milk
<b>NATIONAL SCHOOL LUNCH WEEK</b>				
CHICKEN DIPPERS (WHOLE GRAIN) W/TOMATO PARMESAN SAUCE MINI CORN DOGS W/POTATO FUN SHAPES Applesauce Cup Garlic Bread Milk	MEATLOAF W/GRAVY CRISPY CHICKEN TENDERS (WHOLE GRAIN) Mashed Potatoes Orange Juice Whole Wheat Bread Cheddar Goldfish Crackers Milk	TEX MEX TURKEY BROWN RICE BOWL BEEF SAUSAGE PIZZA (WHOLE GRAIN) Buttered Corn Fresh Apple* Tortilla Rounds (Whole Grain) Milk	FRENCH BREAD PEPPERONI PIZZA BEAN & CHEESE BURRITO Baby Carrots Pear Cup Jerry Berry's Cherry Cake Milk	CRISPY CHICKEN FILET (WHOLE GRAIN) CHEESEBURGER Maple Baked Beans Fresh Banana* Hamburger Bun Vanilla Cookie Milk
GRILLED CHICKEN MARINARA W/WHOLE GRAIN PASTA FUN SHAPES MINI CORN DOGS Seasonal Fresh Vegetable Seasonal Fresh Fruit Milk	BEAN & CHEESE BURRITO TERIYAKI GLAZED CHICKEN W/BROWN RICE Buttered Corn Blended Fruit Juice Corn Muffin Milk	HOT DIGGETY DOG MEATBALL SUB W/TOMATO SAUCE French Fries Fresh Pear* Hot Dog Bun PopCorners Milk	ITALIAN CHICKEN PARMESAN (WHOLE GRAIN) CHARBROILED HAMBURGER Glazed Carrots Fresh Banana* Hamburger Bun Chocolate Chip Muffin Milk	CHEESE PISA PIZZA (WHOLE WHEAT) BEEF BURRITO Tossed Salad Peach Cup Mini Pretzels Milk
<b>FOOD DAY</b>				
POPCORN CHICKEN W/POTATO FUN SHAPES MINI CORN DOGS W/POTATO FUN SHAPES Grape Juice Corn Muffin Milk	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%			

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



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FROSTED FLAKES (REDUCED SUGAR) Apple Granola Square Blended Fruit Juice Milk	FRENCH TOAST STICKS Apple Juice Milk	CHEESY EGG, POTATO & TURKEY SAUSAGE INCREDI-BOWL Graham Crackers Orange Pineapple Juice Milk	CORN POPS Cinnamon Raisin Bagel Apple Juice Milk	BLUEBERRY MUFFIN Grape Juice Jungle Crackers Milk
FROOT LOOPS (LOW SUGAR) Cinnamon Breakfast Square Blended Fruit Juice Milk	TURKEY SAUSAGE EGG & CHEESE MORNING MUNCHIES Blended Fruit Juice Apple Waffle Crackers Milk	BUTTERMILK WAFFLES Grape Juice Milk	FROSTED FLAKES (LOW SUGAR) Sliced Bagel Orange Juice Milk	APPLE MUFFIN Orange Pineapple Juice Honey Belly Bears Milk
COCOA KRISPIES Superstix with Strawberry Cream Cheese Orange Pineapple Juice Milk	PANCAKE & TURKEY SAUSAGE ON A STICK Orange Juice Milk	BREAKFAST BURRITO Blended Fruit Juice Cinnamon Belly Bears Milk	CRISPIX Raisin Bran Muffin Apple Juice Milk	BLUEBERRY MUFFIN Grape Juice Apple Waffle Crackers Milk
FROSTED FLAKES (LOW SUGAR) Apple Granola Square Orange Pineapple Juice Milk	GOLDEN PANCAKES Apple Juice Milk	BEEF SAUSAGE PATTY ON A BISCUIT Grape Juice Milk	FROOT LOOPS (REDUCED SUGAR) Whole Wheat Bagel Orange Juice Milk	APPLE MUFFIN Blended Fruit Juice Jungle Crackers Milk
<b>NATIONAL SCHOOL BUS SAFETY WEEK</b>				
RAISIN BRAN (WHOLE GRAIN) Buttermilk Bar Blended Fruit Juice Milk				

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