



NOVEMBER 2011




ARCHDIOCESE OF LOS ANGELES

BREAKFAST



Preferred Meal Systems, Inc.

preferredmealsystems.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 TURKEY HAM & CHEESE ON ENGLISH MUFFIN Grape Juice Cinnamon Elf Grahams Milk	2 CINNAMON SWIRL FRENCH TOAST Apple Juice Honey Belly Bears Milk	3 FROSTED MINI WHEATS (WHOLE GRAIN) Cinnamon Breakfast Square Orange Juice Milk	4 BANANA MUFFIN Grape Juice Milk
7 FROSTED FLAKES (REDUCED SUGAR) Apple Granola Square Blended Fruit Juice Milk	8 FRENCH TOAST STICKS Apple Juice Milk	9 CHEESY EGG, POTATO & TURKEY SAUSAGE INCREDI-BOWL Graham Crackers Orange Pineapple Juice Milk	10 CORN POPS Cinnamon Raisin Bagel Apple Juice Milk	11  Veterans Day
14 FROOT LOOPS (LOW SUGAR) Cinnamon Breakfast Square Blended Fruit Juice Milk	15 TURKEY SAUSAGE EGG & CHEESE MORNING MUNCHIES Blended Fruit Juice Apple Waffle Crackers Milk	16 BUTTERMILK WAFFLES Grape Juice Milk	17 FROSTED FLAKES (LOW SUGAR) Sliced Bagel Orange Juice Milk	18 APPLE MUFFIN Orange Pineapple Juice Honey Belly Bears Milk
21 COCOA KRISPIES <i>Superstix with Strawberry Cream Cheesecake</i> Orange Pineapple Juice Milk	22 PANCAKE & TURKEY SAUSAGE ON A STICK Orange Juice Milk	23 BREAKFAST BURRITO Blended Fruit Juice Cinnamon Honey Belly Bears Milk	24 	25
28 HONEY NUT CHEERIOS (WHOLE GRAIN) Apple Granola Square Orange Pineapple Juice Milk	29 GOLDEN PANCAKES Apple Juice Milk	30 BEEF SAUSAGE PATTY ON A BISCUIT Grape 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
<p>Lunch menus meet the following USDA weekly nutrient averages</p> <p>Calories - 785 (kcal)</p> <p>Protein - 15 (gm)</p> <p>Calcium - 370 (mg)</p> <p>Iron - 4.2 (mg)</p> <p>Vitamin A - 285 (RE)</p> <p>Vitamin C - 17 (mg)</p> <p>Total Fat < 30%, Saturated < 10%</p>	<p>SPAGHETTI W/MEAT SAUCE (WHOLE GRAIN)</p> <p>BAKED CHICKEN NUGGETS (WHOLE GRAIN)</p> <p>Green Garden Peas Pear Cup Garlic Bread Milk</p>	<p>CHICKEN & BEAN BURRITO</p> <p>CREAMY MACARONI AND CHEESE</p> <p>Buttered Corn Fresh Apple* Tortilla Rounds (Whole Grain) Milk</p>	<p>CHEESE PIZZA DIPPERS Marinara Dipping Sauce</p> <p>BEAN & CHEESE BURRITO</p> <p>Baby Carrots Mixed Fruit Cup Mini Pretzels Milk</p>	<p>CHEESEBURGER</p> <p>CRISPY CHICKEN FILET (WHOLE GRAIN)</p> <p>French Fries Fresh Orange* Hamburger Bun Goldfish Crackers Milk</p>
<p>BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS</p> <p>MINI CORN DOGS W/POTATO FUN SHAPES</p> <p>Strawberry Kiwi Juice Fritos Milk</p>	<p>WHOLE GRAIN CHILI & CHEESE QUESADILLA</p> <p>PENNE PASTA W/MEAT SAUCE (WHOLE GRAIN)</p> <p>Buttered Corn Peach Cup Milk</p>	<p>CHEESE PISA PIZZA (WHOLE WHEAT)</p> <p>BEEF BURRITO</p> <p>Mixed Greens Pineapple Cup PopCorners Milk</p>	<p>CRISPY CHICKEN TENDERS (WHOLE GRAIN)</p> <p>TOASTED TURKEY HAM & CHEESE SANDWICH</p> <p>Cut Green Beans Fresh Orange* Milk</p>	<p> Veterans Day</p>
<p>POPCORN CHICKEN W/POTATO COINS</p> <p>MINI CORN DOGS W/POTATO FUN SHAPES</p> <p>Cherry Frozen Juice Bar Mini Pretzels Milk</p>	<p>NEW! CHEESEBURGER LUNCH MUNCHIE</p> <p>CHEESE PISA PIZZA (WHOLE WHEAT)</p> <p>Maple Baked Beans NEW! Bonzi Blueberry Applesauce (All Natural) Chocolate Chip Pumpkin Muffin Milk</p>	<p>SALISBURY STEAK W/ GRAVY</p> <p>DELI COMBO</p> <p>Garden Green Peas Fresh Pear* Hamburger Bun Snickerdoodle Cookie Milk</p>	<p>HOT DOG</p> <p>CHARBROILED HAMBURGER</p> <p>French Fries Fresh Apple Hamburger Bun Hot Dog Bun Cheddar Goldfish Crackers Milk</p>	<p>FRENCH BREAD PEPPERONI PIZZA</p> <p>BEAN & CHEESE BURRITO</p> <p>Baby Carrots Pineapple Cup Vanilla Cookie Milk</p>
<p>CHICKEN DIPPERS (WHOLE GRAIN) W/TOMATO PARMESAN SAUCE</p> <p>MINI CORN DOGS W/POTATO FUN SHAPES</p> <p>Applesauce Cup Garlic Bread Milk</p>	<p>ROTINI (WHOLE WHEAT) W/MEAT SAUCE</p> <p>TURKEY HAM & CHEESE ON A BUN</p> <p>Cut Green Beans Pear Cup Multigrain Sun Chips Milk</p>	<p>TURKEY & GRAVY W/STUFFING PEAS & CARROTS</p> <p>SALISBURY STEAK W/GRAVY & MASHED POTATOES</p> <p>Fruited Gelatin Soft Breadstick Thanksgiving Cookie Milk</p>	<p> Happy Thanksgiving</p>	
<p>BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS</p> <p>MINI CORN DOGS W/POTATO FUN SHAPES</p> <p>Grape Juice Fritos Milk</p>	<p>ZESTY TACO MEAT</p> <p>TERIYAKI GLAZED CHICKEN W/BROWN RICE</p> <p>Tortilla Rounds (Whole Grain) Buttered Corn Applesauce Cup Corn Muffin Milk</p>	<p>ITALIAN CHICKEN PARMESAN (WHOLE GRAIN)</p> <p>CHARBROILED HAMBURGER</p> <p>Potato Rounds Fresh Banana* Hamburger Bun Snickerdoodle Cookie Milk</p>	<p></p>	

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