



# December 2011



Preferred Meal Systems, Inc.  
preferredmealsystems.com

CHICAGO PUBLIC SCHOOLS  
BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
			APPLE CINNAMON OATMEAL WITH RAISINS or MOZZARELLA STRING CHEESE Strawberry Waffle Crackers  Grape Juice	CHEESE OMELET or CHERRY YOGURT  Whole Grain Grahams Fresh Apple
TURKEY SAUSAGE EGG & CHEESE MORNING MUNCHIES or CRISPIX Cinnamon Breakfast Square  Applesauce Cup	TURKEY HAM & CHEESE ON AN ENGLISH MUFFIN or MULTIGRAIN CHEERIOS Mozzarella String Cheese  Blended Fruit Juice	EGG AND CHEESE ON A BAGEL or KIX CEREAL Whole Grain Grahams  Grape Juice	BREAKFAST BURRITO or RAISIN BRAN Strawberry Yogurt  Fresh Orange	CHICKEN BISCUIT or MOZZARELLA STRING CHEESE Apple Waffle Crackers  Fresh Banana
CHEESE OMELET or CORN FLAKES  Whole Grain Grahams Grape Juice	APPLE CINNAMON OATMEAL WITH RAISINS or CHERRY YOGURT Strawberry Waffle Crackers  Peach Cup	BEEF SAUSAGE ON A BISCUIT or CHEERIOS Mozzarella String Cheese  Fresh Apple	CHEESY EGG, POTATO & TURKEY SAUSAGE INCREDI-BOWL or WHOLE WHEAT BAGEL  Fresh Pear	CHEESY GRITS or RICE KRISPIES Strawberry Yogurt  Orange Pineapple Juice
CHICKEN BISCUIT or KIX CEREAL Apple Waffle Crackers  Blended Fruit Juice	EGG AND CHEESE ON A BAGEL or MOZZARELLA STRING CHEESE Whole Grain Grahams  Grape Juice	TURKEY HAM & CHEESE ON AN ENGLISH MUFFIN or RAISIN BRAN Cherry Yogurt  Fresh Banana	BREAKFAST TOASTED CHEESE ON WHOLE WHEAT BREAD or MULTIGRAIN CHEERIOS Mozzarella String Cheese  Fresh Orange	BREAKFAST QUESADILLA or CRISPIX Cinnamon Breakfast Square  Applesauce Cup
	<h1>Holiday Break</h1>			

\*\*\*ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF MILK. \*MENU SUBJECT TO CHANGE.  
^SEASONAL FRESH FRUIT AVAILABLE DAILY AS AN OPTION.



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While our products do not contain ground grown or tree nuts, they may have been produced in a facility which processes ground grown or tree nuts. The above statement also holds true for the pork products as well.



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Preferred Meal Systems, Inc.  
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CHICAGO PUBLIC SCHOOLS  
LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
			1 TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD or CHEESE QUESADILLA Refried Beans Fresh Orange	2 BEEF SAUSAGE PIZZA (WHOLE WHEAT) or CHEESE PISA PIZZA (WHOLE WHEAT) Mixed Greens Salad Peach Cup
5 WHOLE GRAIN CHILI & CHEESE QUESADILLA or BEAN & CHEESE BURRITO Corn & Carrots Pineapple Cup	6 ROTINI PASTA BAKE (WHOLE WHEAT) or MACARONI AND CHEESE Broccoli Peach Cup Whole Wheat Bread	7 TURKEY HOT DOG Whole Wheat Hot Dog Bun or TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD Baked Beans Fresh Apple	8 CHEESE PISA PIZZA (WHOLE WHEAT) or PEPPERONI PISA PIZZA (WHOLE WHEAT) Fresh Carrots Mixed Fruit Cup	9 HOMESTYLE SALISBURY STEAK W/GRAVY or VEGGIE NUGGETS Mashed Potatoes Fresh Pear Whole Wheat Bread
12 BAKED CHICKEN NUGGETS (WHOLE GRAIN) or CHEESE LASAGNA Peas & Carrots Diced Pear Cup Soft Breadstick	13 SLOPPY JOE Whole Wheat Hamburger Bun or TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD French Fries <b>NEW!</b> Wacky Watermelon Applerageous (all natural)	14 PEPPERONI PISA PIZZA (WHOLE WHEAT) or CHEESE PISA PIZZA (WHOLE WHEAT) Fresh Carrots Fresh Banana	15 VEGETARIAN CHILI W/BEANS or CHIPOTLE BEAN BOWL Garden Vegetables Fresh Orange Tortilla Rounds (Whole Grain)	16 <b>- Feature -</b> GRILLED CHICKEN MARINARA W/ WHOLE GRAIN PASTA FUN SHAPES or MACARONI AND CHEESE Spinach Mixed Fruit Cup Holiday Sparkle Cookie
19 PATTY MELT SANDWICH ON WHOLE WHEAT BREAD or VEGETARIAN CHILI W/BEANS (Corn Muffin) French Fries Peach Cup	20 CRISPY CHICKEN FILLET (WHOLE GRAIN) Whole Wheat Hamburger Bun or CHEESE QUESADILLA Red Beans & Rice Fresh Pear	21 WHOLE WHEAT SPAGHETTI WITH MEATSAUCE Whole Wheat Bread or BEAN & CHEESE BURRITO Peas & Carrots Mixed Fruit Cup	22 POPCORN CHICKEN or VEGGIE NUGGETS Mashed Sweet Potatoes Fresh Apple Whole Wheat Bread	23 CHEESE PISA PIZZA (WHOLE WHEAT) or BEEF SAUSAGE PIZZA (WHOLE WHEAT) Mixed Greens Salad Pineapple Cup
26 	27	28	29	30 

# Holiday Break

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