






# February 2012



Preferred Meal Systems, Inc.  
preferredmealsystems.com

CHICAGO PUBLIC SCHOOLS

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
		1 BEEF SAUSAGE ON A BISCUIT or CHEERIOS Mozzarella String Cheese Fresh Apple	2 CHEESE OMELET or STRAWBERRY YOGURT Whole Grain Grahams Fresh Pear	3 <b>NO SCHOOL</b>
6 BREAKFAST QUESADILLA or RAISIN BRAN Apple Waffle Crackers Pineapple Juice	7 STRAWBERRY PANCAKES (WHOLE GRAIN) or MOZZARELLA STRING CHEESE Whole Grain Grahams Grape Juice	8 BREAKFAST TOASTED CHEESE ON WHOLE WHEAT BREAD or KIX CEREAL Cherry Yogurt Fresh Banana	9 APPLE CINNAMON OATMEAL WITH RAISINS or MULTIGRAIN CHEERIOS Mozzarella String Cheese Fresh Orange	10 TURKEY HAM & CHEESE ON AN ENGLISH MUFFIN or CRISPIX Cinnamon Breakfast Square Applesauce Cup
13 <b>NO SCHOOL</b>	14 CHEESE OMELET or STRAWBERRY YOGURT Whole Grain Grahams Mixed Fruit Cup	15 MAPLE WAFFLE SANDWICH (WHOLE GRAIN) or CRISPIX Mozzarella String Cheese Apple Juice	16 CHEESY GRITS or RICE KRISPIES Cherry Yogurt Fresh Pear	17 TURKEY SAUSAGE EGG & CHEESE MORNING MUNCHIES or WHOLE WHEAT BAGEL Fresh Orange
20  <b>President's Day</b>	21 BREAKFAST TOASTED CHEESE ON WHOLE WHEAT BREAD or MOZZARELLA STRING CHEESE Apple Waffle Crackers Diced Pear Cup	22 APPLE CINNAMON OATMEAL WITH RAISINS or CORN FLAKES Strawberry Yogurt Blended Fruit Juice	23 TURKEY HAM & CHEESE ON AN ENGLISH MUFFIN or WHOLE WHEAT BAGEL Fresh Apple	24 EGG AND CHEESE ON A BAGEL or CHERRY YOGURT Whole Grain Grahams Fresh Banana
27 TURKEY SAUSAGE EGG & CHEESE MORNING MUNCHIES or CRISPIX Cinnamon Breakfast Square Applesauce Cup	28 MAPLE PANCAKES (WHOLE GRAIN) or MULTIGRAIN CHEERIOS Mozzarella String Cheese Grape Juice	29 EGG & CHEESE ON ENGLISH MUFFIN or KIX CEREAL Whole Grain Grahams Fresh Orange		

\*\*\*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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CHICAGO PUBLIC SCHOOLS

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
		1 VEGETARIAN CHILI W/BEANS or CHIPOTLE BEAN BOWL Corn & Carrots Fresh Banana Tortilla Rounds (Whole Grain)	2 PEPPERONI PISA PIZZA (WHOLE WHEAT) or CHEESE PISA PIZZA (WHOLE WHEAT) Mixed Greens Salad Fresh Tangerine	3 <b>NO SCHOOL</b>
6 PATTY MELT SANDWICH ON WHOLE WHEAT BREAD or VEGETARIAN CHILI W/BEANS (Corn Muffin) French Fries Mixed Fruit Cup	7 TURKEY HOT DOG Whole Wheat Hot Dog Bun or TOASTED CHEESE SANDWICH Baked Beans Fresh Pear	8 SPAGHETTI W/ MEAT SAUCE (WHOLE WHEAT) Whole Wheat Bread or BEAN & CHEESE BURRITO Peas & Carrots Peach Cup	9 POPCORN CHICKEN or VEGGIE NUGGETS Mashed Sweet Potatoes Fresh Apple Whole Wheat Bread	10 BEEF SAUSAGE PIZZA (WHOLE WHEAT) or CHEESE PISA PIZZA (WHOLE WHEAT) Mixed Greens Salad Pineapple Cup
13 <b>NO SCHOOL</b>	14 TACO MEAT Tortilla Rounds (Whole Grain) or CHEESE QUESADILLA Refried Beans Peach Cup Valentine's Day Cookie	15 PEPPERONI PISA PIZZA (WHOLE WHEAT) or CHEESE PISA PIZZA Mixed Greens Salad Fresh Tangerine	16 CHARBROILED HAMBURGER Whole Wheat Hamburger Bun or BEAN & CHEESE BURRITO Corn & Carrots Fresh Banana	17 ITALIAN CHICKEN PARMESAN (WHOLE GRAIN) or MACARONI & CHEESE (WHOLE WHEAT) Peas & Carrots Diced Pear Cup Whole Wheat Bread
20  <b>President's Day</b>	21 CRISPY CHICKEN TENDERS (WHOLE GRAIN) or MINI RAVIOLI WITH SAUCE Collard Greens Bonzi Blueberry Applesauce (All Natural) Corn Muffin	22 TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD or CHEESE QUESADILLA Baked Beans Fresh Banana	23 TEX MEX TURKEY BROWN RICE BOWL or VEGETARIAN CHILI W/BEANS Diced Carrots Fresh Pear Tortilla Rounds (Whole Grain)	24 CHEESE PISA PIZZA (WHOLE WHEAT) or CHEESE LASAGNA Mixed Greens Salad Peach Cup
27 TOASTED TURKEY HAM & CHEESE ON WHOLE WHEAT BREAD or BEAN & CHEESE BURRITO Peas & Carrots Diced Pear Cup	28 ROTINI PASTA BAKE (WHOLE WHEAT) or MACARONI & CHEESE (WHOLE WHEAT) Broccoli Pineapple Cup Whole Wheat Bread	29 CRISPY CHICKEN FILLET (WHOLE GRAIN) Whole Wheat Hamburger Bun or TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD Red Beans & Rice Fresh Apple		

\*\*\*ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF MILK. \*MENU SUBJECT TO CHANGE.  
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