



# January 2012

CHICAGO PUBLIC SCHOOLS  
BREAKFAST



Preferred Meal Systems, Inc.  
preferredmealsystems.com

Monday Tuesday Wednesday Thursday Friday

2

3

4

5

6



# HOLIDAY BREAK

**CHEESE OMELET**  
or  
**CHEERIOS**  
Whole Grain Grahams  
Blended Fruit Juice

**TURKEY HAM & CHEESE ON AN ENGLISH MUFFIN**  
or  
**RICE KRISPIES**  
Mozzarella String Cheese  
Apple Juice

**CHEESY GRITS**  
or  
**CRISPIX**  
Cherry Yogurt  
Fresh Pear

**CHICKEN BISCUIT**  
or  
**WHOLE WHEAT BAGEL**  
Peach Cup

**STRAWBERRY WHOLE GRAIN PANCAKES**  
or  
**MOZZARELLA STRING CHEESE**  
Apple Granola Square  
Fresh Orange

*I Have A Dream*  
  
Martin Luther King, Jr. Day

**BREAKFAST TOASTED CHEESE ON WHOLE WHEAT BREAD**  
or  
**CHERRY YOGURT**  
Strawberry Waffle Crackers  
Grape Juice

**MAPLE WHOLE GRAIN WAFFLE SANDWICH**  
or  
**CORN FLAKES**  
Mozzarella String Cheese  
Pineapple Cup

**EGG & CHEESE ON ENGLISH MUFFIN**  
or  
**CRISPIX**  
Strawberry Yogurt  
Fresh Orange

**APPLE CINNAMON OATMEAL WITH RAISINS**  
or  
**WHOLE WHEAT BAGEL**  
Fresh Banana

**MAPLE WHOLE GRAIN PANCAKES**  
or  
**CRISPIX**  
Mozzarella String Cheese  
Applesauce Cup

**BREAKFAST BURRITO**  
or  
**MULTIGRAIN CHEERIOS**  
Whole Grain Grahams  
Blended Fruit Juice

**EGG AND CHEESE ON A BAGEL**  
or  
**KIX CEREAL**  
Strawberry Yogurt  
Fresh Banana

**TURKEY SAUSAGE EGG & CHEESE MORNING MUNCHIES**  
or  
**RAISIN BRAN**  
Mozzarella String Cheese  
Fresh Pear

# NO SCHOOL

**APPLE CINNAMON OATMEAL WITH RAISINS**  
or  
**CORN FLAKES**  
Cherry Yogurt  
Orange Pineapple Juice

**CHEESY EGG, POTATO & TURKEY SAUSAGE INCREDI-BOWL**  
or  
**WHOLE WHEAT BAGEL**  
Mixed Fruit Cup



\*\*\*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.






# January 2012

CHICAGO PUBLIC SCHOOLS  
LUNCH



Preferred Meal Systems, Inc.  
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Monday	Tuesday	Wednesday	Thursday	Friday
<b>HOLIDAY BREAK</b>				
<p>2</p>  <p><b>TACO MEAT</b> Tortilla Rounds (Whole Grain)</p> <p>or</p> <p><b>CHEESE QUESADILLA</b> Refried Beans Applesauce Cup</p>	<p>3</p> <p><b>ITALIAN CHICKEN PARMESAN (WHOLE GRAIN)</b></p> <p>or</p> <p><b>MACARONI &amp; CHEESE (WHOLE WHEAT)</b> Peas &amp; Carrots Peach Cup Soft Breadstick</p>	<p>4</p> <p><b>CHARBROILED HAMBURGER</b> Whole Wheat Hamburger Bun</p> <p>or</p> <p><b>BEAN &amp; CHEESE BURRITO</b> Corn &amp; Carrots Fresh Tangerine</p>	<p>5</p> <p><b>PEPPERONI PISA PIZZA (WHOLE WHEAT)</b></p> <p>or</p> <p><b>CHEESE PISA PIZZA (WHOLE WHEAT)</b> Mixed Greens Salad Diced Pear Cup</p>	<p>6</p> <p><b>TERIYAKI GLAZED CHICKEN W/BROWN RICE</b></p> <p>or</p> <p><b>CHEESE LASAGNA</b> Green Beans Fresh Banana Whole Wheat Bread</p>
<p>9</p> <p><b>TACO MEAT</b> Tortilla Rounds (Whole Grain)</p> <p>or</p> <p><b>CHEESE QUESADILLA</b> Refried Beans Applesauce Cup</p>	<p>10</p> <p><b>ITALIAN CHICKEN PARMESAN (WHOLE GRAIN)</b></p> <p>or</p> <p><b>MACARONI &amp; CHEESE (WHOLE WHEAT)</b> Peas &amp; Carrots Peach Cup Soft Breadstick</p>	<p>11</p> <p><b>CHARBROILED HAMBURGER</b> Whole Wheat Hamburger Bun</p> <p>or</p> <p><b>BEAN &amp; CHEESE BURRITO</b> Corn &amp; Carrots Fresh Tangerine</p>	<p>12</p> <p><b>PEPPERONI PISA PIZZA (WHOLE WHEAT)</b></p> <p>or</p> <p><b>CHEESE PISA PIZZA (WHOLE WHEAT)</b> Mixed Greens Salad Diced Pear Cup</p>	<p>13</p> <p><b>TERIYAKI GLAZED CHICKEN W/BROWN RICE</b></p> <p>or</p> <p><b>CHEESE LASAGNA</b> Green Beans Fresh Banana Whole Wheat Bread</p>
<p>16</p> <p><i>I Have A Dream</i></p>  <p><b>TACO MEAT</b> Tortilla Rounds (Whole Grain)</p> <p>or</p> <p><b>CHEESE QUESADILLA</b> Refried Beans Applesauce Cup</p>	<p>17</p> <p><b>CRISPY CHICKEN TENDERS(WHOLE GRAIN)</b></p> <p>or</p> <p><b>MINI RAVIOLI WITH SAUCE</b> Collard Greens Mixed Fruit Cup Corn Muffin</p>	<p>18</p> <p><b>TEX MEX TURKEY BROWN RICE BOWL</b></p> <p>or</p> <p><b>ZESTY VEGETARIAN CHILI W/BEANS</b> Diced Carrots Fresh Pear Tortilla Rounds (Whole Grain)</p>	<p>19</p> <p><b>TURKEY HOT DOG</b> Whole Wheat Hot Dog Bun</p> <p>or</p> <p><b>CHEESE QUESADILLA</b> Baked Beans Fresh Apple</p>	<p>20</p> <p><b>BEEF SAUSAGE PIZZA (WHOLE WHEAT)</b></p> <p>or</p> <p><b>CHEESE PISA PIZZA (WHOLE WHEAT)</b> Mixed Greens Salad Peach Cup</p>
<p>23</p> <p><b>WHOLE GRAIN CHILI &amp; CHEESE QUESADILLA</b></p> <p>or</p> <p><b>BEAN &amp; CHEESE BURRITO</b> Corn &amp; Carrots Pineapple Cup</p>	<p>24</p> <p><b>ROTINI PASTA BAKE (WHOLE WHEAT)</b></p> <p>or</p> <p><b>MACARONI &amp; CHEESE (WHOLE WHEAT)</b> Broccoli Fresh Tangerine Whole Wheat Bread</p>	<p>25</p> <p><b>CRISPY CHICKEN FILLET (WHOLE GRAIN)</b> Whole Wheat Hamburger Bun</p> <p>or</p> <p><b>TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD</b> Red Beans &amp; Rice Fresh Apple</p>	<p>26</p> <p><b>CHEESE PISA PIZZA (WHOLE WHEAT)</b></p> <p>or</p> <p><b>PEPPERONI PISA PIZZA (WHOLE WHEAT)</b> Fresh Carrots Mixed Fruit Cup</p>	<p>27</p> <p style="text-align: center;"><b>NO SCHOOL</b></p>
<p>30</p> <p><b>ORANGE GLAZED CHICKEN W/BROWN RICE &amp; VEGETABLES</b></p> <p>or</p> <p><b>CHEESE LASAGNA</b> Spinach Diced Pear Cup Soft Breadstick</p>	<p>31</p> <p><b>New Item!</b></p> <p><b>BAGEL DOG (WHOLE GRAIN)</b></p> <p>or</p> <p><b>TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD</b> French Fries Funky Fruit Punch Applesauce (all natural)</p>			

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