



NOVEMBER 2011



Preferred Meal Systems, Inc.
preferredmealsystems.com

CHICAGO PUBLIC SCHOOLS
BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 APPLE CINNAMON OATMEAL WITH RAISINS or MULTIGRAIN CHEERIOS Mozzarella String Cheese Fresh Pear	2 EGG AND CHEESE ON A BAGEL or KIX CEREAL Cinnamon Breakfast Square Grape Juice	3 BREAKFAST BURRITO or RAISIN BRAN Mozzarella String Cheese Blended Fruit Juice	4 TURKEY SAUSAGE EGG & CHEESE MORNING MUNCHIES or STRAWBERRY YOGURT Apple Waffle Crackers Fresh Banana
7 CHEESE OMELET or MOZZARELLA STRING CHEESE Whole Grain Grahams Orange Pineapple Juice	8 TURKEY HAM & CHEESE ON AN ENGLISH MUFFIN or CHERRY YOGURT Strawberry Waffle Crackers Fresh Apple	9 CHICKEN BISCUIT or WHOLE WHEAT BAGEL Peach Cup	10 NO SCHOOL	11 NO SCHOOL
14 CHEESY GRITS or KIX CEREAL Cherry Yogurt Mixed Fruit Cup	15 EGG AND CHEESE ON A BAGEL or MULTIGRAIN CHEERIOS Apple Waffle Crackers Grape Juice	16 NO SCHOOL	17 APPLE CINNAMON OATMEAL WITH RAISINS or MOZZARELLA STRING CHEESE Whole Grain Grahams Fresh Orange	18 NO SCHOOL
21 TURKEY HAM & CHEESE ON AN ENGLISH MUFFIN or CHEERIOS Strawberry Waffle Crackers Applesauce	22 CHEESE OMELET or CHERRY YOGURT Whole Grain Grahams Fresh Pear	23 TURKEY SAUSAGE EGG & CHEESE MORNING MUNCHIES or RICE KRISPIES Mozzarella String Cheese Orange Pineapple Juice	24-25 Happy Thanksgiving 	
28 BEEF SAUSAGE ON A BISCUIT or CRISPIX Whole Grain Grahams Blended Fruit Juice	29 BREAKFAST TOASTED CHEESE ON WHOLE WHEAT BREAD or WHOLE WHEAT BAGEL Peach Cup	30 EGG & CHEESE ON ENGLISH MUFFIN or CORN FLAKES Strawberry Yogurt Fresh Orange		

***ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF MILK. *MENU SUBJECT TO CHANGE.
^FRESH FRUIT SUBJECT TO SEASONAL AVAILABILITY



In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free 866/632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through Federal Relay service at 800/877-8339; or 800/845-6136 (Spanish). USDA is an equal opportunity provider and employer.

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.



NOVEMBER 2011

CHICAGO PUBLIC SCHOOLS

LUNCH



Preferred Meal Systems, Inc.

preferredmealsystems.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	ROTINI PASTA BAKE (WHOLE WHEAT) or MACARONI AND CHEESE Broccoli Fresh Orange Whole Wheat Bread	HOMESTYLE SALISBURY STEAK W/GRAVY or VEGGIE NUGGETS Mashed Potatoes Mixed Fruit Cup Whole Wheat Bread	CRISPY CHICKEN FILLET (WHOLE GRAIN) Whole Wheat Hamburger Bun or TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD Red Beans & Rice Fresh Apple	CHEESE PISA PIZZA (WHOLE WHEAT) or PEPPERONI PISA PIZZA (WHOLE WHEAT) Fresh Carrots Pineapple Cup
ORANGE GLAZED CHICKEN W/BROWN RICE & VEGETABLES or CHEESE LASAGNA Spinach Fresh Pear Soft Breadstick	ZESTY VEGETARIAN CHILI W/BEANS or CHIPOTLE BEAN BOWL Corn & Carrots Peach Cup Tortilla Rounds (Whole Grain)	PEPPERONI PISA PIZZA (WHOLE WHEAT) or CHEESE PISA PIZZA Mixed Greens Salad Fresh Orange	NO SCHOOL	
PATTY MELT SANDWICH ON WHOLE WHEAT BREAD or ZESTY VEGETARIAN CHILI W/BEANS Tortilla Rounds (Whole Grain) Peas & Carrots Peach Cup	POPCORN CHICKEN or VEGGIE NUGGETS Mashed Sweet Potatoes Fresh Apple Whole Wheat Bread	NO SCHOOL		TURKEY HOT DOG Whole Wheat Hot Dog Bun or CHEESE QUESADILLA Fresh Carrots Fresh Banana
TACO MEAT or CHIPOTLE BEAN BOWL Corn & Carrots Mixed Fruit Cup Tortilla Rounds (Whole Grain)	CHARBROILED HAMBURGER Whole Wheat Hamburger Bun or TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD Broccoli Fresh Orange	TURKEY AND GRAVY WITH STUFFING PEAS & CARROTS or MACARONI & CHEESE MIXED VEGETABLES Fresh Pear Whole Wheat Bread Thanksgiving Cookie		
CRISPY CHICKEN TENDERS (WHOLE GRAIN) or MINI RAVIOLI WITH SAUCE Collard Greens NEW! Bonzi Blueberry Applesauce (All Natural) Corn Muffin	MEATLOAF W/TOMATO SAUCE Whole Wheat Bread or BEAN & CHEESE BURRITO Garden Vegetables Diced Pear Cup	TEX MEX TURKEY BROWN RICE BOWL or ZESTY VEGETARIAN CHILI W/BEANS Diced Carrots Fresh Banana Tortilla Rounds (Whole Grain)		

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



In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free 866/632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through Federal Relay service at 800/877-8339; or 800/845-6136 (Spanish). USDA is an equal opportunity provider and employer.

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.