




September 2011



Preferred Meal Systems, Inc.
preferredmealsystems.com

CHICAGO PUBLIC SCHOOLS
BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
Back To School				
5 LABOR DAY 	6 TURKEY HAM & CHEESE ON AN ENGLISH MUFFIN or MOZZARELLA STRING CHEESE Apple Waffle Crackers Grape Juice	7 EGG AND CHEESE ON A BAGEL or RAISIN BRAN Cherry Yogurt Fresh Banana	8 APPLE CINNAMON OATMEAL WITH RAISINS or MULTIGRAIN CHEERIOS Mozzarella String Cheese Fresh Orange	9 PANCAKE & TURKEY SAUSAGE ON A STICK or CRISPIX Whole Grain Grahams Applesauce Cup
12 TURKEY SAUSAGE EGG & CHEESE MORNING MUNCHIES or CHEERIOS Cherry Yogurt Blended Fruit Juice	13 CHEESY GRITS or RICE KRISPIES Strawberry Waffle Crackers Fresh Pear	14 CHICKEN BISCUIT or CRISPIX Mozzarella String Cheese Apple Juice	15 CHEESE OMELET or STRAWBERRY YOGURT Whole Grain Grahams Peach Cup	16 WHOLE GRAIN PANCAKE W/TURKEY SAUSAGE PATTY or WHOLE WHEAT BAGEL Fresh Orange
19 APPLE CINNAMON OATMEAL WITH RAISINS or RICE KRISPIES Mozzarella String Cheese Fresh Pear	20 BEEF SAUSAGE ON A BISCUIT or WHOLE WHEAT BAGEL Orange Pineapple Juice	21 BREAKFAST TOASTED CHEESE ON WHOLE WHEAT BREAD or CORN FLAKES Cherry Yogurt Mixed Fruit Cup	22 EGG & CHEESE ON ENGLISH MUFFIN or MOZZARELLA STRING CHEESE Strawberry Waffle Crackers Fresh Apple	23 NO SCHOOL
26 WHOLE GRAIN PANCAKE W/TURKEY SAUSAGE PATTY or CRISPIX Strawberry Yogurt Applesauce Cup	27 EGG AND CHEESE ON A BAGEL or MULTIGRAIN CHEERIOS Mozzarella String Cheese Fresh Orange	28 TURKEY HAM & CHEESE ON AN ENGLISH MUFFIN or KIX CEREAL Whole Grain Grahams Fresh Banana	29 TURKEY SAUSAGE EGG & CHEESE MORNING MUNCHIES or MOZZARELLA STRING CHEESE Apple Waffle Crackers Blended Fruit Juice	30 BREAKFAST BURRITO or RAISIN BRAN Cinnamon Breakfast Square Grape Juice

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



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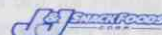


CHICAGO PUBLIC SCHOOLS
LUNCH

Preferred Meal Systems, Inc.
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Monday	Tuesday	Wednesday	Thursday	Friday
Back To School				
			1	2
5	6	7	8	9
LABOR DAY 	PATTY MELT SANDWICH ON WHOLE WHEAT BREAD or CHEESE QUESADILLA Baked Beans Mixed Fruit Cup	CHEESE PISA PIZZA (WHOLE WHEAT) or PEPPERONI PISA PIZZA (WHOLE WHEAT) Mixed Greens Salad Fresh Pear	POPCORN CHICKEN or VEGGIE NUGGETS Mashed Sweet Potatoes Fresh Apple Whole Wheat Bread	WHOLE WHEAT SPAGHETTI WITH MEATSAUCE Whole Wheat Bread or BEAN & CHEESE BURRITO Peas & Carrots Pineapple Cup
12	13	14	15	16
TACO MEAT Tortilla Rounds (Whole Grain) or CHEESE QUESADILLA Refried Beans Applesauce Cup	ITALIAN CHICKEN PARMESAN (WHOLE GRAIN) or MACARONI AND CHEESE Peas & Carrots Peach Cup Whole Wheat Bread	CHARBROILED HAMBURGER Whole Wheat Hamburger Bun or BEAN & CHEESE BURRITO Corn & Carrots Fresh Orange	TERIYAKI GLAZED CHICKEN W/BROWN RICE or CHEESE LASAGNA Green Beans Fresh Banana Whole Wheat Bread	PEPPERONI PISA PIZZA (WHOLE WHEAT) or CHEESE PISA PIZZA (WHOLE WHEAT) Mixed Greens Salad Diced Pear Cup
19	20	21	22	23
CRISPY CHICKEN TENDERS (WHOLE GRAIN) or MINI RAVIOLI WITH SAUCE Collard Greens Fresh Orange Corn Muffin	TURKEY HOT DOG Whole Wheat Hot Dog Bun or TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD Baked Beans Applesauce Cup	TEX MEX TURKEY BROWN RICE BOWL or CHIPOTLE BEAN BOWL Diced Carrots Fresh Banana Tortilla Rounds (Whole Grain)	BEEF SAUSAGE PIZZA (WHOLE WHEAT) or CHEESE PISA PIZZA (WHOLE WHEAT) Mixed Greens Salad Peach Cup	NO SCHOOL
26	27	28	29	30
WHOLE GRAIN CHILI & CHEESE QUESADILLA or BEAN & CHEESE BURRITO Corn & Carrots Peach Cup	ROTINI PASTA BAKE (WHOLE WHEAT) or MACARONI AND CHEESE Broccoli Pineapple 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 Fresh Pear	HOMESTYLE SALISBURY STEAK W/GRAVY or VEGGIE NUGGETS Mashed Potatoes Mixed Fruit Cup Whole Wheat Bread

***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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