



October 2011



Preferred Meal Systems, Inc.
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CHARTER SCHOOL OF EDUCATIONAL EXCELLENCE

4-12 TRADITIONAL

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS</p> <p>Grape Juice</p> <p>Honey Wheat Pretzels</p>	<p>4</p> <p>ROTINI W/MEATSAUCE & MIXED VEGETABLES</p> <p>NEW! Funky Fruit Punch Applesauce (all natural)</p> <p>Garlic Bread</p>	<p>5</p> <p>HOT DOG AND FRENCH FRIES</p> <p>Fresh Banana*</p> <p>Wrapped Hot Dog Bun</p> <p>Cheese on Cheese Crackers</p>	<p>6</p> <p>HAMBURGER AND CORN</p> <p>Fresh Orange*</p> <p>Wrapped Hamburger Bun</p> <p>Oatmeal Cookie</p>	<p>7</p> <p>FRENCH BREAD CHEESE PIZZA</p> <p>Baby Carrots</p> <p>Peach Cup</p> <p>Vanilla Cookie</p>
<p>10</p> <p>NO SCHOOL</p>				
<p>11</p> <p>NATIONAL SCHOOL LUNCH WEEK</p>				
<p>17</p> <p>CHICKEN DIPPERS (WHOLE GRAIN) W/TOMATO PARMESAN SAUCE</p> <p>Applesauce Cup</p> <p>Garlic Bread</p>	<p>18</p> <p>HOMESTYLE SALISBURY STEAK W/GRAVY</p> <p>Orange Juice</p> <p>Peach Cup</p> <p>Wheat Bread</p> <p>Snickerdoodle Cookie</p>	<p>19</p> <p>MEATBALL SUB W/TOMATO SAUCE</p> <p>Grape Juice</p> <p>Fresh Banana^</p> <p>Wrapped Hot Dog Bun</p> <p>Cheddar Goldfish Crackers</p>	<p>20</p> <p>CRISPY CHICKEN FILLET (WHOLE GRAIN) & GREEN BEANS</p> <p>Fresh Apple</p> <p>Wrapped Hamburger Bun</p>	<p>21</p> <p>FRENCH BREAD PEPPERONI PIZZA</p> <p>Fresh Baby Carrots</p> <p>Pear Cup</p> <p>Chocolate Chip Muffin</p>
<p>24</p> <p>BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS</p> <p>Apple-Cranberry Juice</p> <p>Fritos</p>	<p>25</p> <p>CREAMY MACARONI AND CHEESE</p> <p>Grape Juice</p> <p>Mixed Fruit Cup</p> <p>Vanilla Cookie</p>	<p>26</p> <p>HOT DOG AND FRENCH FRIES</p> <p>Fresh Pear^</p> <p>Wrapped Hot Dog Bun</p> <p>PopCorners</p>	<p>27</p> <p>ITALIAN CHICKEN PARMESAN (WHOLE GRAIN)</p> <p>Orange Pineapple Juice</p> <p>Fresh Banana</p> <p>Wrapped Hamburger Bun</p> <p>Snickerdoodle Cookie</p>	<p>28</p> <p>WHOLE WHEAT CHEESE PIZZA</p> <p>Baby Carrots</p> <p>Peach Cup</p> <p>Mini Pretzels</p>
<p>31</p> <p>TACO MEAT WITH CORN</p> <p>Grape Juice</p> <p>Tortilla Rounds (Whole Grain)</p>				

***ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF MILK.

***MENU SUBJECT TO CHANGE.



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