



January 2012

Manhattan



Preferred Meal Systems, Inc.

preferredmealsystems.com

K-6 TRADITIONAL

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3	4	5	6
HOLIDAY BREAK				
9 FRENCH TOAST STICKS W/SAUSAGE Potato Rounds Blended Fruit Juice	10 CHICKEN TENDERS (Whole Grain) W/POTATO WEDGES Mixed Fruit Cup	11 CHARBROILED HAMBURGER Maple Baked Beans Pear Cup Whole Wheat Hamburger Bun Fritos	12 CHEESE PIZZA DIPPERS Marinara Dipping Sauce Pineapple Cup Apple-Cranberry Juice	13 SWEET & SOUR BROWN RICE BOWL W/CHICKEN Peach Cup Wally Wabbit's Carrot Muffin
16 Martin Luther King, Jr. Day	17 HOMESTYLE CHILI W/BEANS Buttered Corn Cherry Frozen Juice Bar Tortilla Rounds (Whole Grain)	18 CHICKEN DIPPERS (whole grain) W/TOMATO PARMESAN SAUCE Funky Fruit Punch Applesauce (all natural) Soft Breadstick	19 HOT DOG FRENCH FRIES Fresh Orange Whole Wheat Hot Dog Bun	20 PEPPERONI PISA PIZZA (WHOLE WHEAT) Fresh Baby Carrots Pear Cup
23 New Item! BAGEL DOG (WHOLE GRAIN) Potato Wedges Apple-Cranberry Juice	24 SPAGHETTI (WHOLE WHEAT) W/ MEAT SAUCE Green Garden Peas Mixed Fruit Cup	25 BAKED CHICKEN NUGGETS (WHOLE GRAIN) Mashed Sweet Potatoes Fresh Pear Wheat Bread Fritos	26 ITALIAN CHICKEN PARMESAN (WHOLE GRAIN) Garden Vegetables Fresh Banana Whole Wheat Hamburger Bun	27 CHEESE PIZZA DIPPERS Marinara Dipping Sauce Mixed Greens Salad Peach Cup
30 LOW FAT TOASTED CHEESE ON WHEAT BREAD Tomato Soup Grape Juice	31 POPCORN CHICKEN W/POTATO FUN SHAPES Pineapple Cup			

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

***MENU SUBJECT TO CHANGE.



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.