



January 2012

Manhattan



Preferred Meal Systems, Inc.
preferredmealsystems.com

4-12 TRADITIONAL

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3	4	5	6
9 FRENCH TOAST STICKS W/SAUSAGE Potato Rounds Blended Fruit Juice Oatmeal Cookie	10 CHICKEN TENDERS (Whole Grain) W/POTATO WEDGES Mixed Fruit Cup Mini Pretzels	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 Lemon Cookie	13 SWEET & SOUR BROWN RICE BOWL W/CHICKEN Peach Cup Wally Wabbit's Carrot Muffin
16 	17	18	19	20
23 BAGEL DOG (WHOLE GRAIN) Potato Wedges Apple-Cranberry Juice Goldfish Crackers	24 SPAGHETTI (WHOLE WHEAT) W/ MEAT SAUCE Green Garden Peas Mixed Fruit Cup Garlic Bread	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 Oatmeal Cookie
30 LOW FAT TOASTED CHEESE ON WHEAT BREAD Tomato Soup Grape Juice	31 POPCORN CHICKEN W/POTATO FUN SHAPES Pineapple Cup Corn Muffin			

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

***MENU SUBJECT TO CHANGE.



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