






February 2012

Broward Community Charter School West

BRKFST



Preferred Meal Systems, Inc.
preferredmealsystems.com

Monday	Tuesday	Wednesday	Thursday	Friday
		APPLE MUFFIN Blended Fruit Juice	BEEF SAUSAGE PATTY ON A BISCUIT Fresh Apple^	FROSTED FLAKES (LOW SUGAR/WHOLE GRAIN) Cinnamon Raisin Bagel Apple-Cranberry Juice
COCOA KRISPIES Cinnamon Breakfast Square Apple-Cranberry Juice	CHEESY EGG, POTATO & TURKEY SAUSAGE INCREDI-BOWL Honey Belly Bears Blended Fruit Juice	APPLE JACKS REDUCED SUGAR Glazed Donut Grape Juice	GOLDEN PANCAKES Fresh Apple^	BLUEBERRY MUFFIN Apple-Cranberry Juice
FROSTED FLAKES (LOW SUGAR/WHOLE GRAIN) Apple Granola Square Blended Fruit Juice	CHEESE OMELET Graham Crackers Apple-Cranberry Juice	APPLE MUFFIN Grape Juice	FRENCH TOAST STICKS Fresh Apple^	CORN POPS Cinnamon Raisin Bagel Apple Juice
 President's Day	FROOT LOOPS (LOW SUGAR) Cinnamon Breakfast Square Grape Juice	BANANA MUFFIN Apple-Cranberry Juice	PANCAKE & TURKEY SAUSAGE ON A STICK Fresh Apple^	CRISPIX Apple Granola Square Orange Juice
COCOA KRISPIES Cinnamon Breakfast Square Blended Fruit Juice	CHICKEN BISCUIT Grape Juice	APPLE JACKS REDUCED SUGAR Cinnamon Superstix Orange Juice		

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

***MENU SUBJECT TO CHANGE.



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