






February 2012

Broward Community Charter School West

4-12 T



Preferred Meal Systems, Inc.
preferredmealsystems.com

Monday	Tuesday	Wednesday	Thursday	Friday
		PENNE PASTA W/MEAT SAUCE(WHOLE WHEAT) Green Garden Peas Fresh Pear Soft Breadstick	CHARBROILED HAMBURGER Potato Rounds Fresh Banana Hamburger Bun Cheddar Goldfish Crackers	BEEF SAUSAGE PIZZA (WHOLE WHEAT) Baby Carrots Peach Cup Mini Pretzels
MINI CORN DOGS W/POTATO FUN SHAPES Apple-Cranberry Juice PopCorners	MACARONI & CHEESE (WHOLE WHEAT) Garden Vegetables Peach Cup Honey Wheat Pretzels	HOMESTYLE SALISBURY STEAK W/GRAVY Mashed Potatoes Fresh Pear Hamburger Bun	CRISPY CHICKEN FILLET (WHOLE GRAIN) Green Garden Peas Fresh Orange Hamburger Bun Lemon Cookie	CHEESE PISA PIZZA (WHOLE WHEAT) Baby Carrots Grape Juice Vanilla Cookie
PATTY MELT SANDWICH ON WHOLE WHEAT BREAD Potato Wedges Orange Juice Chocolate Chip Muffin	BAKED CHICKEN NUGGETS(WHOLE GRAIN) Maple Baked Beans Pear Cup Valentine's Day Cookie	HOT DOG FRENCH FRIES Fresh Pear^ Hot Dog Bun Goldfish Crackers	ITALIAN CHICKEN PARMESAN (WHOLE GRAIN) Fresh Banana^ Blended Fruit Juice Hamburger Bun	CHEESE PIZZA DIPPERS Marinara Dipping Sauce Baby Carrots Pineapple Cup Corn Muffin
 President's Day	HOMESTYLE CHILI W/BEANS Whole Kernel Corn Blended Fruit Juice WG Tortilla Rounds	LOW FAT TOASTED CHEESE ON WHEAT BREAD Tomato Soup Bonzi Blueberry Applesauce (All Natural)	BAKED CHICKEN NUGGETS(WHOLE GRAIN) W/ROUNDS Fresh Orange	CHEESE PISA PIZZA (WHOLE WHEAT) Baby Carrots Pear Cup
POPCORN CHICKEN W/POTATO FUN SHAPES Orange Juice Oatmeal Cookie	SPAGHETTI (WHOLE WHEAT) W/ MEAT SAUCE Green Garden Peas Apple-Cranberry Juice Corn Muffin	BAGEL DOG (WHOLE GRAIN) Potato Wedges Fresh Apple		

***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.