



# October 2011

Broward Community Charter School West



Preferred Meal Systems, Inc.

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BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
3 <b>MINI WHEATS LITTLE BITES (WHOLE GRAIN)</b> Apple Granola Square Grape Juice	4 <b>PANCAKE &amp; TURKEY SAUSAGE ON A STICK</b> Orange Pineapple Juice	5 <b>BLUEBERRY MUFFIN</b> Apple Juice	6 <b>BREAKFAST BURRITO</b> Fresh Apple^	7 <b>CRISPIX</b> Raisin Bran Muffin Apple Cranberry Juice
10 <b>APPLE JACKS REDUCED SUGAR</b> Cinnamon Breakfast Square Blended Fruit Juice	11 <b>CHICKEN BISCUIT</b> Apple Juice	12 <b>COCOA KRISPIES</b> Strawberry Waffle Crackers Grape Juice	13 <b>BUTTERMILK WAFFLES W/ SAUSAGE</b> Fresh Orange^	14 <b>BANANA MUFFIN</b> Orange Pineapple Juice
17 <b>FROOT LOOPS (LOW SUGAR)</b> Apple Granola Square Orange Pineapple Juice	18 <b>TURKEY SAUSAGE EGG &amp; CHEESE MORNING MUNCHIES</b> Apple Juice	19 <b>APPLE MUFFIN</b> Blended Fruit Juice	20 <b>BEEF SAUSAGE PATTY ON A BISCUIT</b> Fresh Orange^	21 <b>FROSTED FLAKES (LOW SUGAR)</b> Cinnamon Raisin Bagel Apple-Cranberry Juice
24 <b>FROSTED MINI WHEATS (WHOLE GRAIN)</b> Cinnamon Breakfast Square Orange Juice	25 <b>CHEESY EGG, POTATO &amp; TURKEY SAUSAGE INCREDI-BOWL</b> Honey Belly Bears Apple-Cranberry Juice	26 <b>COCOA KRISPIES</b> Glazed Donut Grape Juice	27 <b>GOLDEN PANCAKES</b> Fresh Apple^	28 <b>NO SCHOOL</b>
31 <b>FROSTED FLAKES (REDUCED SUGAR)</b> Apple Granola Square Blended Fruit Juice	<b>NATIONAL SCHOOL BUS SAFETY WEEK</b>			

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

\*\*\*MENU SUBJECT TO CHANGE.



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