



School Lunch
LET'S GROW HEALTHY

October 2011

Broward Community Charter School West



Preferred Meal Systems, Inc.

preferredmealsystems.com

4-12 TRADITIONAL

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS Cherry Frozen Juice Bar Honey Wheat Pretzels</p>	<p>4</p> <p>ROTINI BAKE W/MEATSAUCE Garden Vegetables NEW! Funky Fruit Punch Applesauce (all natural) Corn Muffin</p>	<p>5</p> <p>HOT DOG AND FRENCH FRIES Fresh Apple^ Hot Dog Bun Cheese on Cheese Crackers</p>	<p>6</p> <p>CHEESEBURGER Maple Baked Beans Fresh Orange^ Hamburger Bun</p>	<p>7</p> <p>FRENCH BREAD CHEESE PIZZA Baby Carrots Blended Fruit Juice Vanilla Cookie</p>
<p>10</p> <p>PATTY MELT SANDWICH ON WHOLE WHEAT BREAD Apple Juice French Fries Corn Muffin</p>	<p>11</p> <p>MINI CORN DOGS W/POTATO FUN SHAPES Grape Juice Mini Pretzels</p>	<p>12</p> <p>CRISPY CHICKEN TENDERS (WHOLE GRAIN) Mashed Potatoes Fresh Orange^</p>	<p>13</p> <p>WHOLE GRAIN CHILI & CHEESE QUESADILLA Green Garden Peas Fresh Banana^ Fall Cookie</p>	<p>14</p> <p>CHEESE PIZZA DIPPERS Marinara Dipping Sauce Tossed Salad Blended Fruit Juice Carrot Muffin</p>
NATIONAL SCHOOL LUNCH WEEK				
<p>17</p> <p>CHICKEN DIPPERS (WHOLE GRAIN) W/TOMATO PARMESAN SAUCE Mixed Fruit Cup Corn Muffin</p>	<p>18</p> <p>BUTTERMILK WAFFLES W/ SAUSAGE PATTY Potato Rounds Grape Juice</p>	<p>19</p> <p>MEATBALL SUB W/TOMATO SAUCE Mashed Potatoes Fresh Pear^ Hot Dog Bun Cheddar Goldfish Crackers</p>	<p>20</p> <p>ITALIAN CHICKEN PARMESAN (WHOLE GRAIN) Garden Vegetables Fresh Apple Hamburger Bun</p>	<p>21</p> <p>FRENCH BREAD PEPPERONI PIZZA Baby Carrots Pear Cup Chocolate Chip Muffin</p>
<p>24</p> <p>BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS Apple Juice</p>	<p>25</p> <p>ROTINI PASTA BAKE Green Garden Peas Mixed Fruit Cup Vanilla Cookie</p>	<p>26</p> <p>HOT DOG AND FRENCH FRIES Fresh Apple^ Hot Dog Bun</p>	<p>27</p> <p>ITALIAN CHICKEN PARMESAN (WHOLE GRAIN) Glazed Carrots Fresh Pear^ Hamburger Bun</p>	<p>28</p> <p style="text-align: center;">NO SCHOOL</p>
<p>31</p> <p>BEEF TACO MEAT Buttered Corn Grape Juice Tortilla Rounds (Whole Grain)</p>				

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

***MENU SUBJECT TO CHANGE.



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