



# September 2011

Broward Community Charter School West



Preferred Meal Systems, Inc.  
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BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
			1 BREAKFAST BURRITO Blended Fruit Juice	2 CRISPIX Raisin Bran Muffin Apple Cranberry Juice
5 <b>LABOR DAY</b> 	6 APPLE JACKS REDUCED SUGAR Cinnamon Breakfast Square Blended Fruit Juice	7 COCOA KRISPIES Strawberry Waffle Crackers Grape Juice	8 BUTTERMILK WAFFLES W/ SAUSAGE Apple Juice	9 BANANA MUFFIN Orange Pineapple Juice
12 FROOT LOOPS (LOW SUGAR) Apple Granola Square Orange Pineapple Juice	13 TURKEY SAUSAGE EGG & CHEESE MORNING MUNCHIES Apple Juice	14 APPLE MUFFIN Blended Fruit Juice	15 BEEF SAUSAGE PATTY ON A BISCUIT Fresh Orange^	16 FROSTED FLAKES (LOW SUGAR) Cinnamon Raisin Bagel Apple-Cranberry Juice
19 FROSTED MINI WHEATS (WHOLE GRAIN) Cinnamon Breakfast Square Orange Juice	20 CHEESY EGG, POTATO & TURKEY SAUSAGE INCREDI-BOWL Honey Belly Bears Apple-Cranberry Juice	21 COCOA KRISPIES Glazed Donut Grape Juice	22 GOLDEN PANCAKES Fresh Apple^	23 BLUEBERRY MUFFIN Orange Juice
26 FROSTED FLAKES (REDUCED SUGAR) Apple Granola Square Blended Fruit Juice	27 FRENCH TOAST STICKS Apple Cranberry Juice	28 BANANA MUFFIN Grape Juice	29 <b>NO SCHOOL</b>	30 CORN POPS Cinnamon Raisin Bagel Apple Juice

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

\*\*\*MENU SUBJECT TO CHANGE.



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