



September 2011

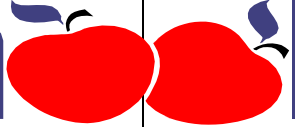

Broward Community Charter School West



Preferred Meal Systems, Inc.

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4-12 TRADITIONAL

Monday	Tuesday	Wednesday	Thursday	Friday
Back To School 				
			1	2
			8	9
5	6	7	8	9
LABOR DAY 	MINI CORN DOGS W/POTATO FUN SHAPES Blue Raspberry Frozen Juice Bar	CRISPY CHICKEN TENDERS (WHOLE GRAIN) Cut Green Beans Blended Fruit Juice	WHOLE GRAIN CHILI & CHEESE QUESADILLA Buttered Corn Fresh Apple	CHEESE PIZZA DIPPERS Marinara Dipping Sauce Tossed Salad Orange Juice Cheddar Goldfish Crackers
12	13	14	15	16
CHICKEN DIPPERS (WHOLE GRAIN) W/TOMATO PARMESAN SAUCE Applesauce Cup Garlic Bread	BUTTERMILK WAFFLES W/ SAUSAGE PATTY Potato Rounds Grape Juice	MEATBALL SUB W/TOMATO SAUCE Mashed Potatoes Fresh Banana^ Hot Dog Bun PopCorners	CRISPY CHICKEN FILLET (WHOLE GRAIN) Garden Vegetables Fresh Apple Hamburger Bun	FRENCH BREAD PEPPERONI PIZZA Baby Carrots Pear Cup Chocolate Chip Muffin
19	20	21	22	23
BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS Apple-Cranberry Juice Honey Wheat Pretzels	CREAMY MACARONI AND CHEESE Green Garden Peas Mixed Fruit Cup Chocolate Chip Cookie	HOT DOG AND FRENCH FRIES Fresh Pear^ Hot Dog Bun PopCorners	ITALIAN CHICKEN PARMESAN (WHOLE GRAIN) Glazed Carrots Fresh Banana Hamburger Bun	WHOLE WHEAT CHEESE PIZZA Baby Carrots Fruited Gelatin Chocolate Chip Muffin
26	27	28	29	30
BEEF TACO MEAT Refried Beans Grape Juice Tortilla Rounds (Whole Grain)	POPCORN CHICKEN W/POTATO FUN SHAPES Mixed Fruit Cup Double Fudge Cookie	CHARBROILED HAMBURGER Potato Rounds Fresh Apple^ Hamburger Bun	NO SCHOOL	CHEESE PIZZA DIPPERS Marinara Dipping Sauce Tossed Salad Pear Cup Goldfish Crackers

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

***MENU SUBJECT TO CHANGE.



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