






December 2011

Broward Community Charter School West
BREAKFAST



Preferred Meal Systems, Inc.
preferredmealsystems.com

Monday	Tuesday	Wednesday	Thursday	Friday
			GOLDEN PANCAKES Fresh Apple^	BLUEBERRY MUFFIN Orange Juice
5 FROSTED FLAKES (LOW SUGAR) Whole Grain Apple Granola Square Blended Fruit Juice	6 FRENCH TOAST STICKS Apple Cranberry Juice	7 BANANA MUFFIN Grape Juice	8 CHEESE OMELET Graham Crackers Fresh Apple^	9 CORN POPS Cinnamon Raisin Bagel Apple Juice
12 MINI WHEATS LITTLE BITES (WHOLE GRAIN) Apple Granola Square Grape Juice	13 PANCAKE & TURKEY SAUSAGE ON A STICK Orange Pineapple Juice	14 BLUEBERRY MUFFIN Apple Juice	15 BREAKFAST BURRITO Fresh Apple^	16 CRISPIX Raisin Bran Muffin Apple Cranberry Juice
19	Holiday			23
26 	Break			30 

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

***MENU SUBJECT TO CHANGE.



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