



January 2012



Broward Community Charter School West

BREAKFAST



Preferred Meal Systems, Inc.

preferredmealsystems.com

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>FROSTED MINI WHEATS (WHOLE GRAIN)</p> <p>Cinnamon Breakfast Square Orange Juice</p>	<p>3</p> <p>CHEESY EGG, POTATO & TURKEY SAUSAGE INCREDI-BOWL</p> <p>Honey Belly Bears Apple-Cranberry Juice</p>	<p>4</p> <p>COCOA KRISPIES</p> <p>Glazed Donut Grape Juice</p>	<p>5</p> <p>GOLDEN PANCAKES</p> <p>Apple Juice</p>	<p>6</p> <p>BLUEBERRY MUFFIN</p> <p>Orange Juice</p>
<p>9</p> <p>FROSTED FLAKES (LOW SUGAR) Whole Grain</p> <p>Apple Granola Square Blended Fruit Juice</p>	<p>10</p> <p>FRENCH TOAST STICKS</p> <p>Apple Cranberry Juice</p>	<p>11</p> <p>BANANA MUFFIN</p> <p>Grape Juice</p>	<p>12</p> <p>CHEESE OMELET</p> <p>Graham Crackers Fresh Apple^</p>	<p>13</p> <p>CORN POPS</p> <p>Cinnamon Raisin Bagel Apple Juice</p>
<p>16</p> <p><i>I Have A Dream</i></p>  <p><i>Martin Luther King, Jr. Day</i></p>	<p>17</p> <p>CORN FLAKES</p> <p>Apple Waffle Crackers Grape Juice</p>	<p>18</p> <p>BLUEBERRY MUFFIN</p> <p>Apple Juice</p>	<p>19</p> <p>BREAKFAST BURRITO</p> <p>Fresh Apple^</p>	<p>20</p> <p>NO SCHOOL</p>
<p>23</p> <p>APPLE JACKS REDUCED SUGAR</p> <p>Cinnamon Breakfast Square Blended Fruit Juice</p>	<p>24</p> <p>CHICKEN BISCUIT</p> <p>Apple Juice</p>	<p>25</p> <p>COCOA KRISPIES</p> <p>Strawberry Waffle Crackers Grape Juice</p>	<p>26</p> <p>BUTTERMILK WAFFLES W/ SAUSAGE</p> <p>Fresh Apple^</p>	<p>27</p> <p>BANANA MUFFIN</p> <p>Orange Pineapple Juice</p>
<p>30</p> <p>FROOT LOOPS (LOW SUGAR)</p> <p>Apple Granola Square Orange Pineapple Juice</p>	<p>31</p> <p>TURKEY SAUSAGE EGG&CHEESE MORNING MUNCHIES</p> <p>Apple Juice</p>			

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

***MENU SUBJECT TO CHANGE.



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