



November 2011

Broward Community Charter School West



Preferred Meal Systems, Inc.

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BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
	FRENCH TOAST STICKS Apple Cranberry Juice	BANANA MUFFIN Grape Juice	CHEESE OMELET Graham Crackers Fresh Apple^	CORN POPS Cinnamon Raisin Bagel Apple Juice
MINI WHEATS LITTLE BITES (WHOLE GRAIN) Apple Granola Square Grape Juice	PANCAKE & TURKEY SAUSAGE ON A STICK Orange Pineapple Juice	BLUEBERRY MUFFIN Apple Juice	BREAKFAST BURRITO Fresh Apple^	 Veterans Day
APPLE JACKS REDUCED SUGAR Cinnamon Breakfast Square Blended Fruit Juice	CHICKEN BISCUIT Apple Juice	COCOA KRISPIES Strawberry Waffle Crackers Grape Juice	BUTTERMILK WAFFLES W/ SAUSAGE Fresh Apple^	BANANA MUFFIN Apple-Cranberry Juice
FROOT LOOPS (LOW SUGAR) Strawberry Waffle Crackers Orange Pineapple Juice	TURKEY SAUSAGE EGG & CHEESE MORNING MUNCHIES Apple Juice	NO SCHOOL	 Happy Thanksgiving	
FROSTED MINI WHEATS (WHOLE GRAIN) Cinnamon Breakfast Square Orange Juice	CHEESY EGG, POTATO & TURKEY SAUSAGE INCREDI-BOWL Honey Belly Bears Apple-Cranberry Juice	COCOA KRISPIES Glazed Donut Grape Juice		

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

***MENU SUBJECT TO CHANGE.



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