






January 2012

Duval Charter School at Arlington

BREAKFAST



Preferred Meal Systems, Inc.
preferredmealsystems.com

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

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

***MENU SUBJECT TO CHANGE.



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4-12 T



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Monday	Tuesday	Wednesday	Thursday	Friday
 2	MINI CORN DOGS W/POTATO FUN SHAPES Blue Raspberry Frozen Juice PopCorners 3	CRISPY CHICKEN FILLET (WHOLE GRAIN) Garden Vegetables Funky Fruit Punch Applesauce (all natural) Hamburger Bun 4	MEATLOAF W/TOMATO SAUCE Mashed Potatoes Pear Cup Hamburger Bun Cheddar Goldfish Crackers 5	CHEESE PISA PIZZA Mixed Fruit Cup Grape Juice 6
PATTY MELT SANDWICH ON WHOLE WHEAT BREAD Potato Rounds Apple-Cranberry Juice Lemon Cookie 9	CHICKEN TENDERS (Whole Grain) W/POTATO WEDGES Mixed Fruit Cup Corn Muffin 10	CHARBROILED HAMBURGER Maple Baked Beans Fresh Banana Hamburger Bun Fritos 11	HOMESTYLE SALISBURY STEAK W/GRAVY Mashed Potatoes Fresh Pear^ Hamburger Bun 12	CHEESE PIZZA DIPPERS Marinara Dipping Sauce Baby Carrots Peach Cup Mini Pretzels 13
 16 <i>I Have A Dream</i> <i>Martin Luther King, Jr. Day</i>	CHICKEN DIPPERS (whole grain) W/TOMATO PARMESAN SAUCE Applesauce Cup Soft Breadstick 17	RIB-B-QUE Orange Juice Potato Rounds Hamburger Bun 18	HOT DOG FRENCH FRIES Fresh Orange Hot Dog Bun 19	NO SCHOOL 20
 BAGEL DOG (WHOLE GRAIN) Potato Wedges Apple-Cranberry Juice Goldfish Crackers 23	SPAGHETTI (WHOLE WHEAT) W/ MEAT SAUCE Green Garden Peas Mixed Fruit Cup Garlic Bread 24	BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS Fresh Pear Wheat Bread Fritos 25	ITALIAN CHICKEN PARMESAN (WHOLE GRAIN) Garden Vegetables Fresh Banana Hamburger Bun 26	CHEESE PIZZA DIPPERS Marinara Dipping Sauce Tossed Salad Fruited Gelatin Vanilla Cookie 27
LOW FAT TOASTED CHEESE ON WHEAT BREAD Tomato Soup Grape Juice 30	POPCORN CHICKEN W/POTATO FUN SHAPES Pineapple Cup Corn Muffin 31			 31

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