






February 2012



Preferred Meal Systems, Inc.
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Westchester School District
Middle School 4-12 TRADITIONAL(LN,JH)

Monday	Tuesday	Wednesday	Thursday	Friday
		PENNE PASTA W/MEAT SAUCE(WHOLE WHEAT) Green Garden Peas Fresh Pear Soft Breadstick	CHARBROILED HAMBURGER Potato Rounds Fresh Banana Whole Wheat Hamburger Bun Cheddar Goldfish Crackers	BEEF SAUSAGE PIZZA (WHOLE WHEAT) Fresh Baby Carrots Peach Cup Mini Pretzels
MINI CORN DOGS W/POTATO FUN SHAPES Pineapple Cup PopCorners	MACARONI & CHEESE (WHOLE WHEAT) Garden Vegetables Peach Cup Garlic Bread	HOMESTYLE SALISBURY STEAK W/GRAVY Mashed Potatoes Fresh Pear Whole Wheat Hamburger Bun	CRISPY CHICKEN FILLET (WHOLE GRAIN) Green Garden Peas Fresh Orange Whole Wheat Hamburger Bun Lemon Cookie	CHEESE PISA PIZZA Mixed Greens Salad Grape Juice Vanilla Cookie
FRENCH TOAST STICKS W/SAUSAGE Potato Rounds Orange Juice	BAKED CHICKEN NUGGETS(WHOLE GRAIN) Maple Baked Beans Bonzi Blueberry Applesauce (All Natural) Valentine's Day Cookie	HOT DOG FRENCH FRIES Fresh Banana Whole Wheat Hot Dog Bun Honey Wheat Pretzels	CHEESE PIZZA DIPPERS Marinara Dipping Sauce Fresh Baby Carrots Pineapple Cup Goldfish Crackers	SWEET & SOUR BROWN RICE BOWL W/CHICKEN Fresh Orange Corn Muffin
 President's Day	NO SCHOOL	TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD Tomato Soup Cherry Frozen Juice Bar	CHICKEN TENDERS (Whole Grain) W/POTATO WEDGES Fresh Apple Fritos	CHEESE PISA PIZZA Fresh Baby Carrots Pear Cup
POPCORN CHICKEN W/POTATO FUN SHAPES Apple-Cranberry Juice Oatmeal Cookie	SPAGHETTI (WHOLE WHEAT) W/ MEAT SAUCE Green Garden Peas Mixed Fruit Cup Garlic Bread	BAGEL DOG Potato Wedges Fresh Pear		

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

***MENU SUBJECT TO CHANGE.



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