


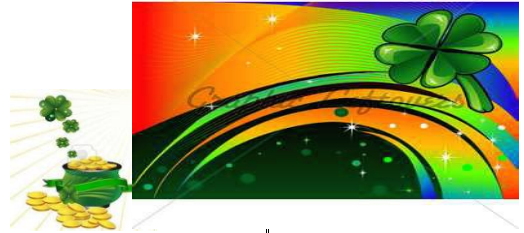


# March 2012

Westchester School District  
Middle School 4-12 T (LNJH)



Preferred Meal Systems, Inc.  
preferredmealsystems.com

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <b>CRISPY CHICKEN FILLET (WHOLE GRAIN)</b> Garden Vegetables Fresh Banana Whole Wheat Hamburger Bun Mini Pretzels	2 <b>CHEESE PIZZA DIPPERS</b> Marinara Dipping Sauce Mixed Greens Salad Peach Cup Cherry Muffin
5 <b>ROTINI PASTA BAKE (WHOLE WHEAT)</b> Green Garden Peas Cherry Frozen Juice Bar	6 <b>ORANGE GLAZED CHICKEN W/BROWN RICE &amp; VEGETABLES</b> Pineapple Cup Soft Breadstick	7 <b>PEPPERONI PISA PIZZA (WHOLE WHEAT)</b> Fresh Baby Carrots Applesauce Cup	8 <b>MINI CORN DOG &amp; CHICKEN FUN MIX W/POTATOES</b> Fresh Apple Corn Muffin	9 <b>ZESTY VEGETARIAN CHILI W/ POTATO BAKE</b> Fresh Banana WG Tortilla Rounds
12 <b>POPCORN CHICKEN W/POTATO FUN SHAPES</b> Peach Cup	13 <b>HOMESTYLE SALISBURY STEAK W/GRAVY</b> Mashed Potatoes Mixed Fruit Cup Whole Wheat Hamburger Bun Oatmeal Cookie	14 <b>CRISPY CHICKEN FILLET (WHOLE GRAIN)</b> Green Garden Peas Fresh Orange Whole Wheat Hamburger Bun	15 <b>BEEF SAUSAGE PIZZA (WHOLE WHEAT)</b> Mixed Greens Salad Grape Juice	16 <b>MACARONI &amp; CHEESE (WHOLE WHEAT)</b> Garden Vegetables Fresh Pear Shortbread Cookies
19 <b>BAKED CHICKEN NUGGETS(WHOLE GRAIN)</b> Maple Baked Beans Peach Cup	20 <b>SLOPPY JOE</b> Buttered Corn Orange Juice Whole Wheat Hamburger Bun Fritos	21 <b>HOT DOG FRENCH FRIES</b> Fresh Banana Whole Wheat Hot Dog Bun	22 <b>CHICKEN &amp; PASTA FUN SHAPES W/ MARINARA &amp; VEGETABLES</b> Fresh Pear Mini Wafers	23 <b>CHEESE PIZZA DIPPERS</b> Marinara Dipping Sauce Fresh Baby Carrots Pineapple Cup Vanilla Cookie
26	27	28	29	30
<h1>SPRING BREAK</h1>				

\*\*\* ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS.

\*\*\*HEALTHY BREAD BASKET AVAILABLE DAILY.

\*\*\*MENU SUBJECT TO CHANGE.



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