



January 2012

AmeriSchools Academy

4-12 TRADITIONAL (LNJH)



Preferred Meal Systems, Inc.
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Monday	Tuesday	Wednesday	Thursday	Friday
2 	3	4	5	6
<h1>HOLIDAY BREAK</h1>				
9 CHICKEN TENDERS (Whole Grain) W/POTATO WEDGES Mixed Fruit Cup Healthy Bread Basket	10 TEX MEX TURKEY RICE BOWL Refried Beans Pineapple Cup Corn Muffin	11 FRENCH TOAST STICKS W/SAUSAGE Potato Rounds Funky Fruit Punch Applesauce (all natural)	12 CHARBROILED HAMBURGER Maple Baked Beans Grape Juice Hamburger Bun PopCorners	13 CHEESE PIZZA DIPPERS Marinara Dipping Sauce Baby Carrots Apple Juice Snickerdoodle Cookie
16 <i>I Have A Dream</i> Marrin Luther King, Jr. Day	17 HOMESTYLE CHILI W/BEANS Buttered Corn Blended Fruit Juice Tortilla Rounds (WG)	18 CHICKEN DIPPERS (whole grain) W/TOMATO PARMESAN SAUCE Applesauce Cup Soft Breadstick	19 HOT DOG FRENCH FRIES Fresh Orange Hot Dog Bun	20 PEPPERONI PISA PIZZA (WHOLE WHEAT) Celery Sticks Pear Cup
23 BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS Fresh Pear Healthy Bread Basket	24 BEEF BURRITO Garden Vegetables Fresh Banana Mini Pretzels	25 SPAGHETTI (WHOLE WHEAT) W/ MEAT SAUCE Green Garden Peas Mixed Fruit Cup Garlic Bread	 ANGEL DOG (WHOLE GRAIN) Potato Wedges Apple Juice Goldfish Crackers	27 CHEESE PIZZA DIPPERS Marinara Dipping Sauce Baby Carrots Peach Cup Oatmeal Cookie
30 POPCORN CHICKEN W/POTATO FUN SHAPES Pineapple Cup Corn Muffin	31 TURKEY TACO MEAT Fiesta Corn Fresh Pear Tortilla Rounds (WG)			

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

***MENU SUBJECT TO CHANGE.



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