



# February 2012

AmeriSchools Academy



Preferred Meal Systems, Inc.  
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4-12 T

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>LOW FAT TOASTED CHEESE ON WHEAT BREAD</b> Tomato Soup Grape Juice Cheddar Goldfish Crackers	2 <b>CHARBROILED HAMBURGER</b> Potato Rounds Fresh Banana Hamburger Bun Vanilla Cookie	3 <b>BEEF SAUSAGE PIZZA (WHOLE WHEAT)</b> Celery Sticks Peach Cup Mini Pretzels
6 <b>MINI CORN DOGS W/POTATO FUN SHAPES</b> Pineapple Cup PopCorners	7 <b>BEEF BURRITO</b> Buttered Corn Fresh Pear Tortilla Rounds (WG)	8 <b>MACARONI (WHOLE WHEAT) &amp; CHEESE</b> Broccoli Applesauce Cup Mini Pretzels	9 <b>CRISPY CHICKEN FILLET (WHOLE GRAIN)</b> Green Garden Peas Fresh Orange Hamburger Bun Lemon Cookie	10 <b>CHEESE PISA PIZZA</b> Baby Carrots Grape Juice Vanilla Cookie
13 <b>BAKED CHICKEN NUGGETS(WHOLE GRAIN)</b> Maple Baked Beans Bonzi Blueberry Applesauce (All Natural) Healthy Bread Basket	14 <b>CHICKEN &amp; BEAN BURRITO</b> Potato Rounds Orange Juice Valentine's Day Cookie	15 <b>SWEET &amp; SOUR BROWN RICE BOWL W/CHICKEN</b> Fresh Apple Corn Muffin	16 <b>HOT DOG FRENCH FRIES</b> Fresh Banana Hot Dog Bun Goldfish Crackers	17 <b>NO SCHOOL</b>
20  <b>President's Day</b>	21 <b>HOMESTYLE CHILI W/BEANS</b> Whole Kernel Corn Peach Cup WG Tortilla Rounds	22 <b>LOW FAT TOASTED CHEESE ON WHEAT BREAD</b> Tomato Soup Mixed Fruit Cup	23 <b>CHICKEN TENDERS (Whole Grain) W/POTATO WEDGES</b> Fresh Orange	24 <b>CHEESE PISA PIZZA</b> Celery Sticks Pear Cup
27 <b>POPCORN CHICKEN W/POTATO FUN SHAPES</b> Apple Juice Oatmeal Cookie	28 <b>TACO POCKET "HOT POCKET"</b> Potato Wedges Fresh Pear Tortilla Rounds (WG)	29 <b>SPAGHETTI (WHOLE WHEAT) W/ MEAT SAUCE</b> Cut Green Beans Mixed Fruit Cup Garlic Bread		

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

\*\*\*MENU SUBJECT TO CHANGE.



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