


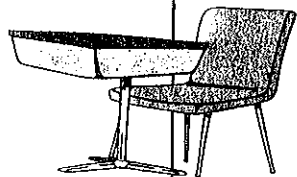



# August 2010



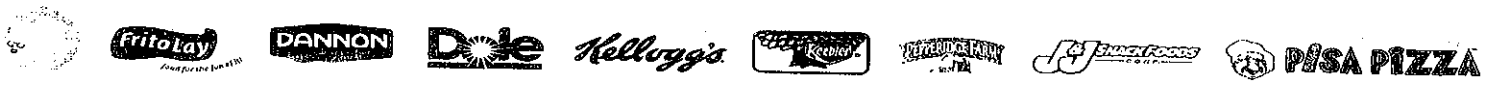
AmeriSchools Academy

Preferred Meal Systems, Inc.  
preferredmealsystems.com

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	4-12 TRADITIONAL 5	6
9	10	11 TEX MEX TURKEY RICE BOWL Fruited Gelatin Tortilla Rounds (Whole Grain)	12 HAMBURGER Potato Rounds Fresh Orange Hamburger Bun Apple Cinnamon Multigrain Mini Crisp	13 FRENCH BREAD CHEESE PIZZA Baby Carrots Chilled Peaches Chocolate Chip Cookie
16 CHICKEN DIPPERS W/TOMATO PARMESAN SAUCE Cherry Frozen Juice Bar Garlic Bread	17 BEAN & CHEESE BURRITO Buttered Corn Strawberry Applesauce	18 HOT DOG W/TRI TATORS Fresh Pear Hot Dog Roll Cheese on Cheese Crackers	19 RIB-B-QUE Potato Stix Fresh Banana Hamburger Bun Mini Pretzels	20 CHEESE PISA PIZZA Baby Carrots Fruited Gelatin PopCorners
23 CHICKEN TENDERS W/POTATO WEDGES Grape Juice Bar Cherry Muffin	24 TURKEY TACO MEAT Fiesta Corn Chilled Peaches Tortilla Rounds (Whole Grain) Chocolate Chip Cookie	25 SALISBURY STEAK WITH GRAVY Mashed Potatoes Fresh Banana Whole Wheat Bread	26 TERIYAKI GLAZED CHICKEN W/ FRIED RICE Garden Vegetables Fresh Apple Sliced Multigrain Bread	27 PIZZA DIPPERS Marinara Dipping Sauce Baby Carrots Diced Pears Goldfish Crackers
30 WHOLE GRAIN CHICKEN NUGGETS Potato Rounds Blue Raspberry Juice Bar Mini Pretzels	31 BEAN & CHEESE BURRITO Green Garden Peas Fruited Gelatin Corn Muffin	  		

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

\*\*\*MENU SUBJECT TO CHANGE.



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