



September 2010



Preferred Meal Systems, Inc.
preferredmealsystems.com

Cicero Public Schools

Monday	Tuesday	Wednesday	BREAKFAST Thursday	Friday
APPLE MONTH				
1	2	3	4	5
6	7	8	9	10
	MINI WHEATS LITTLE BITES Strawberry Waffle Crackers Fruit Punch	BLUEBERRY MUFFIN Grape Juice	CHEESE OMELET Graham Crackers Orange Pineapple Juice	CORN POPS Cinnamon Raisin Bagel Apple Juice
13	14	15	16	17
MAPLE EGGO CRUNCH CEREAL Cinnamon Grahams Apple Juice	BREAKFAST TOASTED CHEESE SANDWICH Blended Fruit Juice	MAPLE EGGO CRUNCH (WHOLE GRAIN) Sliced Bagel Apple Cranberry Juice	BUTTERMILK WAFFLES Grape Juice	APPLE MUFFIN Blended Fruit Juice
20	21	22	23	24
MINI WHEATS LITTLE BITES Strawberry Waffle Crackers Fruit Punch	PANCAKE & TURKEY SAUSAGE ON A STICK Orange Pineapple Juice	BLUEBERRY MUFFIN Grape Juice	BREAKFAST BURRITO Blended Fruit Juice	CRISPIX Raisin Bran Muffin Apple Cranberry Juice
27	28	29	30	
MAPLE EGGO CRUNCH CEREAL Cinnamon Grahams Apple Juice	CHICKEN BISCUIT Grape Juice	FROSTED FLAKES (REDUCED SUGAR) Apple Granola Square Orange Juice	BUTTERMILK WAFFLES WITH SAUSAGE Apple Juice	

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

***MENU SUBJECT TO CHANGE.



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