



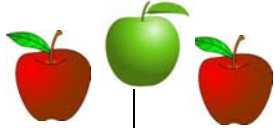




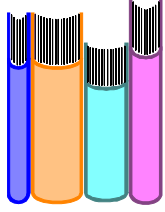
September 2010



Preferred Meal Systems, Inc.
preferredmealsystems.com

Cicero Public Schools

K-6 TRADITIONAL

Monday	Tuesday	Wednesday	Thursday	Friday
<p>APPLE MONTH</p> 		1	2	3
6	7	8	9	10
		<p>MEATBALL SUB</p> <p>Buttered Corn Pear Cup Hot Dog Bun</p>	<p>CRISPY CHICKEN FILLET (WHOLE GRAIN)</p> <p>Mashed Potatoes Fresh Apple Hamburger Bun</p>	<p>PIZZA DIPPERS Marinara Dipping Cup</p> <p>Fresh Baby Carrots Mixed Fruit Cup Lemon Muffin</p> 
13	14	15	16	17
<p>MINI CORN DOGS W/POTATO FUN SHAPES</p> <p>Grape Frozen Juice Bar Cheddar Goldfish Crackers</p>	<p>ITALIAN CHICKEN PARMESAN (WHOLE GRAIN)</p> <p>Cut Green Beans Fruited Gelatin Hamburger Bun</p>	<p>CREAMY MACARONI & CHEESE</p> <p>Chopped Broccoli Fresh Banana Soft Breadstick</p>	<p>WHOLE WHEAT PEPPERONI PIZZA</p> <p>Fresh Baby Carrots Cinnamon Applesauce</p>	<p>CRISPY CHICKEN TENDERS (WHOLE GRAIN)</p> <p>French Fries Fresh Pear Wheat Bread</p> 
20	21	22	23	24
<p>TEX MEX TURKEY RICE BOWL</p> <p>Blue Raspberry Juice Bar Tortilla Rounds (Whole Grain)</p>	<p>HAMBURGER</p> <p>Potato Rounds Mixed Fruit Cup Hamburger Bun</p>	<p>LOW FAT TOASTED CHEESE ON WHEAT BREAD</p> <p>Grape Juice Fresh Apple Original Goldfish Crackers</p>	<p>POPCORN CHICKEN W/POTATO FUN SHAPES</p> <p>Fresh Orange Wheat Bread</p>	<p>BEEF SAUSAGE PISA PIZZA</p> <p>Romaine Lettuce Chilled Peaches Oatmeal Cookie</p> 
27	28	29	30	
<p>BEEF GYRO SLICES</p> <p>Potato Stix Cherry Juice Bar Pita Bread</p>	<p>CHICKEN DIPPERS (WHOLE GRAIN)W/TOMATO PARMESAN SAUCE</p> <p>Pineapple Cup Garlic Bread</p>	<p>HOT DOG W/TRI TATORS</p> <p>Fresh Pear Hot Dog Bun</p>	<p>WHOLE WHEAT CHEESE PIZZA</p> <p>Fresh Baby Carrots Fruited Gelatin PopCorners</p> 	

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

***MENU SUBJECT TO CHANGE.



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