



Preferred Meal Systems, Inc.  
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## CHICAGO PUBLIC SCHOOLS

BRC1 - BRKFST

Monday	Tuesday	Wednesday	Thursday	Friday
<b>CHEESE OMELET</b> Whole Grain Grahams Blended Fruit Juice <b>WHOLE GRAIN KIX</b> Whole Grain Grahams Blended Fruit Juice	<b>TURKEY HAM &amp; CHEESE ON WW ENGLISH MUFFIN</b> Pineapple Cup <b>MINI WHEATS</b> <b>LITTLE BITES</b> WG Cinnamon Breakfast Square Pineapple Cup	<b>BREAKFAST WG QUESADILLA</b> Fresh Pear <b>RICE KRISPIES</b> Strawberry Yogurt Fresh Pear	<b>MAPLE WG WAFFLE SANDWICH</b> Fresh Orange <b>MOZZARELLA STRING CHEESE</b> WG Animal Grahams Fresh Orange	<b>BREAKFAST TOASTED CHEESE ON WHOLE WHEAT BREAD</b> Peach Cup <b>WHOLE WHEAT BAGEL</b> Peach Cup
<b>EGG &amp; CHEESE ON WHOLE WHEAT BAGEL</b> Diced Pear Cup <b>MULTIGRAIN CHEERIOS</b> WG Apple Waffle Crackers Diced Pear Cup	<b>BREAKFAST TOASTED CHEESE ON WHOLE WHEAT BREAD</b> Orange Juice <b>WHOLE GRAIN KIX</b> Strawberry Yogurt Orange Juice	<b>CHICKEN BISCUIT</b> Mixed Fruit Cup <b>CORN FLAKES</b> WG Animal Grahams Mixed Fruit Cup	<b>TURKEY HAM &amp; CHEESE ON WW ENGLISH MUFFIN</b> Fresh Apple <b>WHOLE WHEAT BAGEL</b> Fresh Apple	<b>MAPLE WG PANCAKES</b> Fresh Banana <b>MOZZARELLA STRING CHEESE</b> Whole Grain Grahams Fresh Banana
<b>BEEF SAUSAGE ON A BISCUIT</b> Apple Juice <b>CRISPIX</b> WG Animal Grahams Apple Juice	<b>STRAWBERRY WG PANCAKES</b> Mixed Fruit Cup <b>MOZZARELLA STRING CHEESE</b> WG Strawberry Waffle Crackers Mixed Fruit Cup	<b>NO SCHOOL</b>	<b>CHEESY EGG, POTATO &amp; TURKEY SAUSAGE INCREDI-BOWL</b> Fresh Banana <b>CHEERIOS</b> Whole Grain Grahams Fresh Banana	<b>EGG &amp; CHEESE ON WW ENGLISH MUFFIN</b> Fresh Orange <b>WHOLE GRAIN KIX</b> Vanilla Yogurt Fresh Orange
<b>BREAKFAST TOASTED CHEESE ON WHOLE WHEAT BREAD</b> Blended Fruit Juice <b>MINI WHEATS</b> <b>LITTLE BITES</b> WG Cinnamon Breakfast Square Blended Fruit Juice	<b>TURKEY HAM &amp; CHEESE ON WW ENGLISH MUFFIN</b> Pineapple Cup <b>MULTIGRAIN CHEERIOS</b> WG Animal Grahams Pineapple Cup	<b>MAPLE WG WAFFLE SANDWICH</b> Fresh Pear <b>WHOLE WHEAT BAGEL</b> Fresh Pear	<b>CHEESE OMELET</b> Whole Grain Grahams Fresh Orange <b>MOZZARELLA STRING CHEESE</b> Whole Grain Grahams Fresh Orange	<b>BREAKFAST WG QUESADILLA</b> Peach Cup <b>RICE KRISPIES</b> Strawberry Yogurt Peach Cup
<b>MAPLE WG PANCAKES</b> Diced Pear Cup <b>CORN FLAKES</b> WG Strawberry Waffle Crackers Diced Pear Cup	<b>EGG &amp; CHEESE ON WHOLE WHEAT BAGEL</b> Orange Juice <b>WHOLE GRAIN KIX</b> Vanilla Yogurt Orange Juice	Download our news-letter <i>The Preferred Word</i> here:  Or visit Kids Corner on our website!	 <a href="http://www.preferredmealsystems.com">www.preferredmealsystems.com</a>	

\*\*\*\* ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK.

\*\*\* MENU SUBJECT TO CHANGE.

# Do you recycle?

What are you doing to preserve the earth? Let us know at [info@preferredmealsystems.com](mailto:info@preferredmealsystems.com)  
Write "EARTH" in the subject line. Be sure to include your name, grade, school and town.  
See results on Facebook at [PreferredMealSystems,Inc.](http://PreferredMealSystems,Inc.)

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