




Preferred Meal Systems, Inc.
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CHICAGO PUBLIC SCHOOLS

L2 - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
1 WW ROTINI BAKE WITH MEATSAUCE Whole Grain Breadstick CHEESE-BEAN WG QUESADILLA Peas & Carrots 100% Frozen Juice Cup	2 CRISPY CHICKEN TENDERS (WHOLE GRAIN) VEGGIE NUGGETS Whole Wheat Bread Maple Baked Beans Fresh Baby Carrots Fresh Orange	3 MEATBALLS W/ TOMATO SAUCE WW Hot Dog Bun WG 3 CHEESE PANINI Potato Rounds Fresh Banana	4 WW CHEESE PIZZA WW PEPPERONI PIZZA Fresh Broccoli Fresh Pear	5 SALISBURY STEAK W/GRAVY MASHED POTATOES WHOLE KERNEL CORN Whole Wheat Bread (2) WG CHEESE LASAGNA WITH SPINACH Whole Wheat Bread Fresh Apple
8 WG MINI CORN DOGS & WG CHICKEN FUN MIX WG 3 CHEESE PANINI French Fries Mixed Fruit Cup	9 BBQ CHICKEN WW Hamburger Bun CHEESE-BEAN WG QUESADILLA Collard Greens Fresh Pear	10 WG SAUSAGE PIZZA WW CHEESE PIZZA Fresh Baby Carrots (2) Fresh Apple	11 TURKEY BURGER WITH POTATO WEDGES WW Hamburger Bun VEGETARIAN NUGGETS WITH POTATO WEDGES Whole Wheat Bread(2) Maple Baked Beans Fresh Banana	12 PARMESAN POPCORN CHICKEN & WW PASTA WG CHEESE LASAGNA WITH TOMATO SAUCE Whole Wheat Bread Peas & Carrots Fresh Orange
15 WG CHEESE STICKS Marinara Dipping Sauce BEAN & CHEESE WG BURRITO Salsa Cup Corn & Carrots Fresh Pear Meatless Monday	16 CHARBROILED HAMBURGER WW Hamburger Bun TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD Potato Rounds Fresh Apple	17 <div style="text-align: center; font-size: 48pt; font-weight: bold;">NO SCHOOL</div>	18 TACO MEAT CHIPOTLE BEAN BOWL Refried Beans Fresh Orange WG Tortilla Rounds	19 WW PEPPERONI PIZZA WW CHEESE PIZZA Fresh Broccoli Fresh Banana
22 CHICKEN NUGGETS (whole grain) W/SWEET POTATOES Whole Grain Breadstick CHEESE-BEAN WG QUESADILLA Broccoli Peach Cup	23 HOT DOG WW Hot Dog Bun WG 3 CHEESE PANINI French Fries Fresh Orange	24 WG PASTA W/ CHICKEN IN CREAMY TOMATO SAUCE AND PEAS WG CHEESE LASAGNA WITH SPINACH Fresh Banana Whole Wheat Bread	25 WW CHEESE PIZZA WG SAUSAGE PIZZA Fresh Baby Carrots (2) Fresh Pear	26 CHICKEN DRUMSTICK W/POTATO ROUNDS VEGETARIAN NUGGETS WITH POTATO WEDGES Maple Baked Beans Fresh Apple Whole Wheat Bread
29 TURKEY HAM & CHEESE WG PANINI WG 3 CHEESE PANINI French Fries Mixed Fruit Cup	30 CHICKEN & WG PASTA W/MARINARA & VEGETABLES WG CHEESE LASAGNA WITH SPINACH Whole Wheat Bread Fresh Pear	Download our news-letter <i>The Preferred Word</i> here:  Or visit Kids Corner on our website!  www.preferredmealsystems.com		

**** 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
 Write "EARTH" in the subject line. Be sure to include your name, grade, school and town.
 See results on Facebook at [Preferred Meal Systems, Inc.](http://PreferredMealSystems,Inc.)

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