




March 2013 Lunch



CHICAGO PUBLIC SCHOOLS

L2 - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Download our news-letter <i>The Preferred Word</i> here:</p>  <p>Or visit Kids Corner on our website!</p> <p>www.preferredmealsystems.com</p>				<p>WG MACARONI & CHEESE W/GARDEN VEGETABLES CHEESE LASAGNA WITH SPINACH Whole Wheat Bread Fresh Orange</p>
<p>WG CHEESE STICKS Marinara Dipping Sauce BEAN & CHEESE WG BURRITO Salsa Cup Corn & Carrots Fresh Apple</p> <p>Meatless Monday</p>	<p>CHARBROILED HAMBURGER WW Hamburger Bun TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD Potato Rounds Pineapple Cup</p>	<p>CRISPY CHICKEN TENDERS (WHOLE GRAIN) MACARONI & CHEESE (WHOLE WHEAT) Spinach Fresh Baby Carrots Fresh Pear</p>	<p>TACO MEAT VEGETARIAN CHILI WITH BEANS Refried Beans Fresh Orange WG Tortilla Rounds</p>	<p>WW CHEESE PIZZA CHEESE-BEAN WG QUESADILLA Fresh Broccoli Fresh Banana</p>
<p>CHICKEN NUGGETS (whole grain) W/SWEET POTATOES VEGETARIAN NUGGETS WITH POTATO WEDGES Maple Baked Beans Peach Cup Whole Grain Breadstick</p>	<p>WG SPAGHETTI & MEATBALLS Whole Wheat Bread CHEESE-BEAN WG QUESADILLA Peas & Carrots Fresh Apple</p>	<p>HOT DOG WW Hot Dog Bun WG 3 CHEESE PANINI French Fries Fresh Baby Carrots Fresh Orange</p>	<p>PARMESAN POPCORN CHICKEN & WW PASTA WG CHEESE LASAGNA WITH TOMATO SAUCE Green Beans Fresh Banana Whole Wheat Bread</p>	<p>WW CHEESE PIZZA BEAN & CHEESE WG BURRITO Salsa Cup Fresh Broccoli Fresh Pear</p>
<p>TURKEY HAM & CHEESE WG PANINI WG 3 CHEESE PANINI French Fries Fresh Apple</p>	<p>CHICKEN & WG PASTA SHAPES W/MARINARA & VEGETABLES WG CHEESE LASAGNA WITH SPINACH Whole Wheat Bread Fresh Orange</p>	<p>CHICKEN DRUMSTICK VEGGIE NUGGETS Red Beans & Rice with Broccoli Fresh Banana Whole Grain Breadstick</p>	<p>WG SAUSAGE PIZZA WW CHEESE PIZZA Broccoli & Carrots Fresh Pear</p>	<p>VEGETARIAN CHILI WITH BEANS CHIPOTLE BEAN BOWL Corn & Carrots Mixed Fruit Cup WG Tortilla Rounds</p>
<p>SCHOOL CLOSED</p>				<p>Like us on Facebook</p> <p>LIKE LUNCH! at Preferred Meal Systems, Inc.</p>

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

*** MENU SUBJECT TO CHANGE.

Tell us what you think!

Do you eat breakfast everyday? Let us know at info@preferredmealsystems.com
 Write "Breakfast" 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.com)

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