



January 2012

Keys Gate Charter High School



Preferred Meal Systems, Inc.
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BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
	FROSTED MINI WHEATS (WHOLE GRAIN) Cinnamon Breakfast Square Apple-Cranberry Juice	COCOA KRISPIES Glazed Donut Grape Juice	GOLDEN PANCAKES Apple Juice	BLUEBERRY MUFFIN Orange Juice
FROSTED FLAKES (LOW SUGAR) Whole Grain Apple Granola Square Blended Fruit Juice	FRENCH TOAST STICKS Apple Cranberry Juice	BANANA MUFFIN Grape Juice	CHEESE OMELET Graham Crackers Fresh Apple^	CORN POPS Cinnamon Raisin Bagel Apple Juice
	CORN FLAKES Apple Waffle Crackers Grape Juice	BLUEBERRY MUFFIN Apple Juice	BREAKFAST BURRITO Fresh Apple^	CRISPIX Apple Granola Square Orange Juice
NO SCHOOL	APPLE JACKS REDUCED SUGAR Cinnamon Breakfast Square Blended Fruit Juice	COCOA KRISPIES Strawberry Waffle Crackers Grape Juice	BUTTERMILK WAFFLES W/ SAUSAGE Fresh Apple^	BANANA MUFFIN Orange Pineapple Juice
FROOT LOOPS (LOW SUGAR) Apple Granola Square Orange Pineapple Juice	TURKEY SAUSAGE EGG&CHEESE MORNING MUNCHIES Apple Juice			

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

***MENU SUBJECT TO CHANGE.



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 2	MINI CORN DOGS W/POTATO FUN SHAPES Blue Raspberry Frozen Juice PopCorners 3	CRISPY CHICKEN FILLET (WHOLE GRAIN) Garden Vegetables Funky Fruit Punch Applesauce (all natural) Hamburger Bun 4	MEATLOAF W/TOMATO SAUCE Mashed Potatoes Pear Cup Hamburger Bun Cheddar Goldfish Crackers 5	CHEESE PISA PIZZA Mixed Fruit Cup Grape Juice 6
PATTY MELT SANDWICH ON WHOLE WHEAT BREAD Potato Rounds Apple-Cranberry Juice Lemon Cookie 9	CHICKEN TENDERS (Whole Grain) W/POTATO WEDGES Mixed Fruit Cup Corn Muffin 10	CHARBROILED HAMBURGER Maple Baked Beans Fresh Banana Hamburger Bun Fritos 11	HOMESTYLE SALISBURY STEAK W/GRAVY Mashed Potatoes Fresh Pear^ Hamburger Bun 12	CHEESE PIZZA DIPPERS Marinara Dipping Sauce Baby Carrots Peach Cup Mini Pretzels 13
 16 <i>I Have A Dream</i> <i>Martin Luther King, Jr. Day</i>	CHICKEN DIPPERS (whole grain) W/TOMATO PARMESAN SAUCE Applesauce Cup Soft Breadstick 17	RIB-B-QUE Orange Juice Potato Rounds Hamburger Bun 18	HOT DOG FRENCH FRIES Fresh Orange Hot Dog Bun 19	PEPPERONI PISA PIZZA (WHOLE WHEAT) Baby Carrots Pear Cup 20
NO SCHOOL 23	 BAGEL DOG (WHOLE GRAIN) Potato Wedges Apple-Cranberry Juice Goldfish Crackers 24	BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS Fresh Pear Fritos 25	ITALIAN CHICKEN PARMESAN (WHOLE GRAIN) Garden Vegetables Fresh Orange^ Hamburger Bun 26	CHEESE PIZZA DIPPERS Marinara Dipping Sauce Tossed Salad Fruited Gelatin Vanilla Cookie 27
LOW FAT TOASTED CHEESE ON WHEAT BREAD Tomato Soup Grape Juice 30	POPCORN CHICKEN W/POTATO FUN SHAPES Pineapple Cup Corn Muffin 31			

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