







January 2012

MOTHER THEODORE ACADEMIES

4-12 TRADITIONAL



Preferred Meal Systems, Inc.
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Monday	Tuesday	Wednesday	Thursday	Friday
 2	NO SCHOOL 3	CRISPY CHICKEN FILLET (WHOLE GRAIN) Garden Vegetables Funky Fruit Punch Applesauce (all natural) Whole Wheat Hamburger Bun	MEATLOAF W/TOMATO SAUCE Mashed Potatoes Pear Cup Whole Wheat Hamburger Bun Cheddar Goldfish Crackers	CHEESE PISA PIZZA Mixed Fruit Cup Grape Juice
FRENCH TOAST STICKS W/SAUSAGE Potato Rounds Blended Fruit Juice Oatmeal Cookie 9	CHICKEN TENDERS (Whole Grain) W/POTATO WEDGES Salad Bar Selections 10	CHARBROILED HAMBURGER Maple Baked Beans Fresh Banana Whole Wheat Hamburger Bun Fritos 11	CHEESE PIZZA DIPPERS Marinara Dipping Sauce Salad Bar Selections Snickerdoodle Cookie 12	SWEET & SOUR BROWN RICE BOWL W/CHICKEN Fresh Apple Grape Juice Wally Wabbit's Carrot Muffin 13
 16	CHICKEN DIPPERS (whole grain)W/TOMATO PARMESAN SAUCE Salad Bar Selection Garlic Bread 17	PATTY MELT SANDWICH ON WHOLE WHEAT BREAD Garden Vegetables Fruited Gelatin Chocolate Chip Muffin 18	MEATBALL SUB W/TOMATO SAUCE French Fries Salad Bar Selections Whole Wheat Hot Dog Bun Oatmeal Cookie 19	PEPPERONI PISA PIZZA (WHOLE WHEAT) Fresh Baby Carrots Pear Cup Mini Pretzels 20
 BAGEL DOG (WHOLE GRAIN) Potato Wedges Apple-Cranberry Juice Goldfish Crackers 23	SPAGHETTI (WHOLE WHEAT) W/ MEAT SAUCE Salad Bar Selections Garlic Bread 24	BAKED CHICKEN NUGGETS (WHOLE GRAIN) Mashed Sweet Potatoes Wheat Bread Fritos 25	ITALIAN CHICKEN PARMESAN (WHOLE GRAIN) Salad Bar Selections Whole Wheat Hamburger Bun Mini Pretzels 26	CHEESE PIZZA DIPPERS Marinara Dipping Sauce Oatmeal Cookie 27
LOW FAT TOASTED CHEESE ON WHEAT BREAD Tomato Soup Grape Juice Lemon Cookie 30	POPCORN CHICKEN W/POTATO FUN SHAPES Salad Bar Selections Corn Muffin 31			

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

***MENU SUBJECT TO CHANGE.



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