






February 2012

Midlothian County SD 143



Preferred Meal Systems, Inc.
preferredmealsystems.com

4-12 T(LNJH)

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>PENNE PASTA W/MEAT SAUCE (WHOLE WHEAT) Green Garden Peas Fresh Pear Soft Breadstick</p>	<p>2</p> <p>CHARBROILED HAMBURGER Potato Rounds Fresh Banana Hamburger Bun Cheddar Goldfish Crackers</p>	<p>3</p> <p>BEEF SAUSAGE PIZZA (WHOLE WHEAT) Fresh Baby Carrots Peach Cup Mini Pretzels</p>
<p>6</p> <p>MINI CORN DOGS W/POTATO FUN SHAPES Pineapple Cup PopCorners</p>	<p>7</p> <p>MACARONI & CHEESE (WHOLE WHEAT) Garden Vegetables Peach Cup Soft Breadstick</p>	<p>8</p> <p>HOMESTYLE SALISBURY STEAK W/GRAVY Mashed Potatoes Fresh Pear Hamburger Bun</p>	<p>9</p> <p>NO SCHOOL</p> <p>10</p> <p>NO SCHOOL</p>	
<p>13</p> <p>FRENCH TOAST STICKS W/SAUSAGE Potato Rounds Orange Juice</p>	<p>14</p> <p>BAKED CHICKEN NUGGETS(WHOLE GRAIN) Maple Baked Beans Bonzi Blueberry Applesauce (All Natural) Valentine's Day Cookie</p>	<p>15</p> <p>HOT DOG FRENCH FRIES Fresh Banana Hot Dog Bun Honey Wheat Pretzels</p>	<p>16</p> <p>CHEESE PIZZA DIPPERS Marinara Dipping Sauce Fresh Baby Carrots Pineapple Cup Goldfish Crackers</p>	<p>17</p> <p>SWEET & SOUR BROWN RICE BOWL W/CHICKEN Grape Juice Corn Muffin</p>
<p>20</p> <p> President's Day</p>	<p>21</p> <p>HOMESTYLE CHILI W/BEANS Whole Kernel Corn Cherry Frozen Juice Bar WG Tortilla Rounds</p>	<p>22</p> <p>TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD Tomato Soup Peach Cup</p>	<p>23</p> <p>CHICKEN TENDERS (Whole Grain) W/POTATO WEDGES Fresh Apple Fritos</p>	<p>24</p> <p>CHEESE PISA PIZZA Fresh Baby Carrots Pear Cup</p>
<p>27</p> <p>POPCORN CHICKEN W/POTATO FUN SHAPES Apple-Cranberry Juice Oatmeal Cookie</p>	<p>28</p> <p>SPAGHETTI (WHOLE WHEAT) W/ MEAT SAUCE Green Garden Peas Mixed Fruit Cup Garlic Bread</p>	<p>29</p> <p>BAGEL DOG Potato Wedges Fresh Pear</p>	<p></p>	

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

***MENU SUBJECT TO CHANGE.



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