



# October 2011



Preferred Meal Systems, Inc.

[preferredmealsystems.com](http://preferredmealsystems.com)

Salad Bar is for Grades 1 - 5 Only

K-6 ENHANCED (LNSB)

## WISEBURN SCHOOL DISTRICT

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><b>BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS</b></p> <p>Salad Bar Selection</p> <p>Healthy Bread Basket</p>	<p>4</p> <p><b>BEAN &amp; CHEESE BURRITO</b></p> <p>Salad Bar Selection</p> <p><b>NEW!</b> Funky Fruit Punch Applesauce (all natural)</p> <p>Healthy Bread Basket</p>	<p>5</p> <p><b>FRENCH BREAD CHEESE PIZZA</b></p> <p>Salad Bar Selection</p> <p>Healthy Bread Basket</p>	<p>6</p> <p><b>HOT DOG &amp; FRENCH FRIES</b></p> <p>Salad Bar Selection</p> <p>Healthy Bread Basket</p> <p>Hot Dog Bun</p>	<p>7</p> <p><b>CHEESEBURGER</b></p> <p>Maple Baked Beans</p> <p>Salad Bar Selection</p> <p>Healthy Bread Basket</p> <p>Hamburger Bun</p> <p>Fall Cookie</p>
<p>10</p> <p><b>MINI CORN DOGS W/POTATO FUN SHAPES</b></p> <p>Salad Bar Selection</p> <p>Healthy Bread Basket</p>	<p>11</p> <p><b>TACO LUNCH MUNCHIES STUFFED SANDWICH</b></p> <p>Salad Bar Selection</p> <p>Healthy Bread Basket</p>	<p>12</p> <p><b>CHEESE PIZZA DIPPERS</b></p> <p>Marinara Dipping Sauce</p> <p>Salad Bar Selection</p> <p>Healthy Bread Basket</p>	<p>13</p> <p><b>TOASTED TURKEY HAM &amp; CHEESE SANDWICH</b></p> <p>Salad Bar Selection</p> <p>Healthy Bread Basket</p>	<p>14</p> <p><b>MEATBALL SUB W/TOMATO SAUCE</b></p> <p>Potato Wedges</p> <p>Salad Bar Selection</p> <p>Healthy Bread Basket</p> <p>Hot Dog Bun</p>
<b>NATIONAL SCHOOL LUNCH WEEK</b>				
<p>17</p> <p><b>CHICKEN DIPPERS (WHOLE GRAIN) W/TOMATO PARMESAN SAUCE</b></p> <p>Salad Bar Selection</p> <p>Healthy Bread Basket</p> <p>Soft Breadstick</p>	<p>18</p> <p><b>TOSTADA BOAT</b></p> <p>Salad Bar Selection</p> <p>Healthy Bread Basket</p> <p>Tortilla Rounds (Whole Grain)</p>	<p>19</p> <p><b>FRENCH BREAD PEPPERONI PIZZA</b></p> <p>Salad Bar Selection</p> <p>Healthy Bread Basket</p>	<p>20</p> <p><b>SWEET &amp; SOUR BROWN RICE BOWL W/CHICKEN</b></p> <p>Salad Bar Selection</p> <p>Healthy Bread Basket</p>	<p>21</p> <p style="text-align: center;"><b>NO SCHOOL</b></p>
<p>24</p> <p><b>BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS</b></p> <p>Salad Bar Selection</p> <p>Healthy Bread Basket</p> <p>Cinnamon Elf Grahams</p>	<p>25</p> <p><b>BEAN &amp; CHEESE BURRITO</b></p> <p>Salad Bar Selection</p> <p>Healthy Bread Basket</p>	<p>26</p> <p><b>WHOLE WHEAT CHEESE PIZZA</b></p> <p>Salad Bar Selection</p> <p>Healthy Bread Basket</p>	<p>27</p> <p><b>CHEESEBURGER</b></p> <p>Maple Baked Beans</p> <p>Salad Bar Selection</p> <p>Healthy Bread Basket</p> <p>Hamburger Bun</p>	<p>28</p> <p><b>HOT DOG AND FRENCH FRIES</b></p> <p>Salad Bar Selection</p> <p>Healthy Bread Basket</p> <p>Hot Dog Bun</p> <p>PopCorners</p>
<p>31</p> <p><b>POPCORN CHICKEN W/POTATO FUN SHAPES</b></p> <p>Salad Bar Selection</p> <p>Healthy Bread Basket</p>				

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

\*\*\*MENU SUBJECT TO CHANGE.



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