



# February 2012

Coweta Charter Academy



Preferred Meal Systems, Inc.  
preferredmealsystems.com

BRKFST

Monday	Tuesday	Wednesday	Thursday	Friday
		APPLE MUFFIN Blended Fruit Juice	BEEF SAUSAGE ON A BISCUIT Grape Juice	FROSTED FLAKES (LOW SUGAR) Whole Grain Cinnamon Raisin Bagel Apple-Cranberry Juice
FROSTED MINI WHEATS (WHOLE GRAIN) Cinnamon Breakfast Square Orange Juice	GOLDEN PANCAKES Blended Fruit Juice	CRISPIX Glazed Donut Orange Juice	CHEESY EGG, POTATO & TURKEY SAUSAGE INCREDI-BOWL Honey Belly Bears Apple-Cranberry Juice	BLUEBERRY MUFFIN Grape Juice
FROSTED FLAKES (LOW SUGAR/WHOLE GRAIN) Apple Breakfast Square Blended Fruit Juice	CHEESE OMELET Graham Crackers Orange Pineapple Juice	APPLE MUFFIN Grape Juice	FRENCH TOAST STICKS Orange Juice	CORN POPS Cinnamon Raisin Bagel Blended Fruit Juice
 <b>President's Day</b>	<b>WINTER BREAK</b>			
COCOA KRISPIES Strawberry Waffle Crackers Grape Juice	CHICKEN BISCUIT Apple Juice	BANANA MUFFIN Orange Pineapple Juice		

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

\*\*\*MENU SUBJECT TO CHANGE.



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4-12 T

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>PENNE PASTA W/MEAT SAUCE(WHOLE WHEAT)</b> Green Garden Peas Peach Cup Soft Breadstick	<b>CHARBROILED HAMBURGER</b> Potato Rounds Fresh Banana Hamburger Bun Oatmeal Cookie	<b>BEEF SAUSAGE PIZZA (WHOLE WHEAT)</b> Fresh Baby Carrots Fresh Pear Cheddar Goldfish Crackers
<b>MINI CORN DOGS W/POTATO FUN SHAPES</b> Pineapple Cup Lemon Cookie	<b>MACARONI &amp; CHEESE (WHOLE WHEAT)</b> Garden Vegetables Peach Cup Mini Pretzels	<b>HOMESTYLE SALISBURY STEAK W/GRAVY</b> Mashed Potatoes Grape Juice Hamburger Bun	<b>CRISPY CHICKEN FILLET (WHOLE GRAIN)</b> Green Garden Peas Pear Cup Hamburger Bun PopCorners	<b>CHEESE PISA PIZZA (WHOLE WHEAT)</b> Mixed Fruit Cup Orange Juice Vanilla Cookie
<b>FRENCH TOAST STICKS W/SAUSAGE</b> Potato Rounds Orange Juice	<b>BAKED CHICKEN NUGGETS(WHOLE GRAIN)</b> Maple Baked Beans Bonzi Blueberry Applesauce (All Natural) Valentine's Day Cookie	<b>HOT DOG FRENCH FRIES</b> Pineapple Cup Hot Dog Bun Honey Wheat Pretzels	<b>CHEESE PIZZA DIPPERS</b> Marinara Dipping Sauce Fresh Baby Carrots Fresh Banana Goldfish Crackers	<b>SWEET &amp; SOUR BROWN RICE BOWL W/CHICKEN</b> Fresh Apple Corn Muffin
 <b>President's Day</b>	<b>WINTER BREAK</b>			
<b>POPCORN CHICKEN W/POTATO FUN SHAPES</b> Cherry Frozen Juice Bar Cheese on Cheese Crackers	<b>WHOLE WHEAT SPAGHETTI WITH MEATSAUCE</b> Green Garden Peas Mixed Fruit Cup Garlic Bread	<b>BAGEL DOG (WHOLE GRAIN)</b> Potato Wedges Peach Cup		

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