



# August 2011

Ahwatukee Foothills Prep



Preferred Meal Systems, Inc.  
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4-12 TRADITIONAL

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|-----------|----------|--------|
| 1      | 2       | 3         | 4        | 5      |

First Day  
Of School  
☺

\*\* Please send bag lunch.

\*\* School Lunch NOT provided this week.

|   |   |  |  |  |
|---|---|--|--|--|
| <p><b>CHICKEN DIPPERS (WHOLE GRAIN) W/TOMATO PARMESAN SAUCE</b><br/>Salad Bar Selection<br/>Healthy Bread Basket<br/>Garlic Bread</p> | <p><b>TURKEY TACO MEAT</b><br/>Salad Bar Selection<br/>Healthy Bread Basket<br/>Tortilla Rounds (Whole Grain)</p>                 | <p><b>MEATBALL SUB W/TOMATO SAUCE</b><br/>Mashed Potatoes<br/>Salad Bar Selection<br/>Healthy Bread Basket<br/>Hot Dog Bun<br/>Cheddar Goldfish Crackers</p> | <p><b>CRISPY CHICKEN FILLET (WHOLE GRAIN)</b><br/>Salad Bar Selection<br/>Healthy Bread Basket<br/>Hamburger Bun</p>     | <p><b>FRENCH BREAD PEPPERONI PIZZA</b><br/>Salad Bar Selection<br/>Healthy Bread Basket</p>  |
| <p><b>BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS</b><br/>Salad Bar Selection<br/>Healthy Bread Basket<br/>Fritos</p>         | <p><b>BEAN &amp; CHEESE BURRITO</b><br/>Salad Bar Selection<br/>Healthy Bread Basket<br/>Corn Muffin</p>                          | <p><b>HOT DOG AND FRENCH FRIES</b><br/>Salad Bar Selection<br/>Healthy Bread Basket<br/>Hot Dog Bun<br/>PopCorners</p>                                       | <p><b>ITALIAN CHICKEN PARMESAN (WHOLE GRAIN)</b><br/>Salad Bar Selection<br/>Healthy Bread Basket<br/>Hamburger Bun</p>  | <p><b>FRENCH BREAD CHEESE PIZZA</b><br/>Salad Bar Selection<br/>Healthy Bread Basket</p>   |
| <p><b>POPCORN CHICKEN W/POTATO FUN SHAPES</b><br/>Salad Bar Selection<br/>Healthy Bread Basket</p>                                    | <p><b>BEEF TACO MEAT</b><br/>Refried Beans<br/>Salad Bar Selection<br/>Healthy Bread Basket<br/>Tortilla Rounds (Whole Grain)</p> | <p><b>SPAGHETTI (WHOLE WHEAT) W/ MEAT SAUCE</b><br/>Salad Bar Selection<br/>Healthy Bread Basket<br/>Garlic Bread</p>  | <p><b>CHARBROILED HAMBURGER</b><br/>Potato Rounds<br/>Salad Bar Selection<br/>Healthy Bread Basket<br/>Hamburger Bun</p> | <p><b>CHEESE PIZZA DIPPERS</b><br/>Marinara Dipping Sauce<br/>Salad Bar Selection<br/>Healthy Bread Basket<br/>Goldfish Crackers</p> |
| <p><b>BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS</b><br/>Salad Bar Selection<br/>Healthy Bread Basket<br/>Mini Pretzels</p>  | <p><b>BEAN &amp; CHEESE BURRITO</b><br/>Salad Bar Selection<br/>Healthy Bread Basket<br/>Tortilla Rounds (Whole Grain)</p>        | <p><b>HOT DOG &amp; FRENCH FRIES</b><br/>Salad Bar Selection<br/>Healthy Bread Basket<br/>Hot Dog Bun</p>  |  |  |

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

\*\*\*MENU SUBJECT TO CHANGE.



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