




September 2011



Preferred Meal Systems, Inc.
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Ahwatukee Foothills Prep

4-12 TRADITIONAL

Monday	Tuesday	Wednesday	Thursday	Friday
Back To School			CHEESEBURGER Maple Baked Beans Salad Bar Selection Healthy Bread Basket Hamburger Bun	NO SCHOOL
LABOR DAY 	MINI CORN DOGS W/POTATO FUN SHAPES Salad Bar Selection Healthy Bread Basket	WHOLE GRAIN CHILI & CHEESE QUESADILLA Salad Bar Selection Healthy Bread Basket	CRISPY CHICKEN TENDERS (WHOLE GRAIN) Salad Bar Selection Healthy Bread Basket	CHEESE PIZZA DIPPERS Marinara Dipping Sauce Salad Bar Selection Healthy Bread Basket PopCorners
CHICKEN DIPPERS (WHOLE GRAIN) W/TOMATO PARMESAN SAUCE Salad Bar Selection Healthy Bread Basket Garlic Bread	TURKEY TACO MEAT Salad Bar Selection Healthy Bread Basket Tortilla Rounds (Whole Grain)	MEATBALL SUB W/TOMATO SAUCE Mashed Potatoes Salad Bar Selection Healthy Bread Basket Hot Dog Bun Cheddar Goldfish Crackers	CRISPY CHICKEN FILLET (WHOLE GRAIN) Salad Bar Selection Healthy Bread Basket Hamburger Bun	FRENCH BREAD PEPPERONI PIZZA Salad Bar Selection Healthy Bread Basket
BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS Salad Bar Selection Healthy Bread Basket Fritos	BEAN & CHEESE BURRITO Salad Bar Selection Healthy Bread Basket	HOT DOG AND FRENCH FRIES Salad Bar Selection Healthy Bread Basket Hot Dog Bun PopCorners	ITALIAN CHICKEN PARMESAN (WHOLE GRAIN) Salad Bar Selection Healthy Bread Basket Hamburger Bun	WHOLE WHEAT CHEESE PIZZA Salad Bar Selection Healthy Bread Basket
POPCORN CHICKEN W/POTATO FUN SHAPES Salad Bar Selection Healthy Bread Basket	BEEF TACO MEAT Refried Beans Salad Bar Selection Healthy Bread Basket Tortilla Rounds (Whole Grain)	SPAGHETTI (WHOLE WHEAT) W/ MEAT SAUCE Salad Bar Selection Healthy Bread Basket	CHARBROILED HAMBURGER Potato Rounds Salad Bar Selection Healthy Bread Basket Hamburger Bun	CHEESE PIZZA DIPPERS Marinara Dipping Sauce Salad Bar Selection Healthy Bread Basket Goldfish Crackers

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

**MENU SUBJECT TO CHANGE.



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