




February 2012

JUNIPER TREE



Preferred Meal Systems, Inc.
preferredmealsystems.com

4-12 T

Monday	Tuesday	Wednesday	Thursday	Friday
		1 TOASTED CHEESE SANDWICH Tomato Soup Salad Bar Selection Healthy Bread Basket Cheddar Goldfish Crackers	2	3 BEEF SAUSAGE PIZZA (WHOLE GRAIN) Salad Bar Selection Healthy Bread Basket
6 MINI CORN DOGS W/POTATO FUN SHAPES Salad Bar Selection Healthy Bread Basket PopCorners	7 BEEF BURRITO Salad Bar Selection Healthy Bread Basket Tortilla Rounds (WG)	8 CRISPY CHICKEN FILET (Whole Grain) Salad Bar Selection Healthy Bread Basket Hamburger Bun Lemon Cookie	9	10 CHEESE PISA PIZZA (WHOLE WHEAT) Salad Bar Selection Healthy Bread Basket
13 BAKED CHICKEN NUGGETS(WHOLE GRAIN) Maple Baked Beans Salad Bar Selection Bonzi Blueberry Applesauce (All Natural) Healthy Bread Basket	14 CHICKEN & BEAN BURRITO Potato Rounds Salad Bar Selection Healthy Bread Basket Valentine's Day Cookie	15 SWEET & SOUR BROWN RICE BOWL W/CHICKEN Salad Bar Selection Healthy Bread Basket	16	17 CHEESE PIZZA DIPPERS Marinara Dipping Sauce Salad Bar Selection Healthy Bread Basket Goldfish Crackers
20  President's Day	21 HOMESTYLE CHILI W/BEANS Salad Bar Selection Healthy Bread Basket Tortilla Rounds (WG)	22 LOW FAT TOASTED CHEESE ON WHEAT BREAD Tomato Soup Salad Bar Selection Healthy Bread Basket	23	24 CHEESE PISA PIZZA (WHOLE WHEAT) Salad Bar Selection Healthy Bread Basket
27 POPCORN CHICKEN W/POTATO COINS Salad Bar Selection Healthy Bread Basket Oatmeal Cookie	28 TACO POCKET "HOT POCKET" Potato Wedges Salad Bar Selection Healthy Bread Basket Tortilla Rounds (WG)	29 SPAGHETTI (WHOLE WHEAT) W/ MEAT SAUCE Salad Bar Selection Healthy Bread Basket		

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

***MENU SUBJECT TO CHANGE.



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LSB2 - 4-12 Traditional

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CARPE DIEM E-LEARNING COMPANY

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Avg
30	31	1	2	3	
		CALORIES(KCAL) 1045.2		CALORIES(KCAL) 631.4	
		PROTEIN(GM) 36.6		PROTEIN(GM) 32.4	
		CALCIUM(MG) 866.1		CALCIUM(MG) 638.2	
		IRON(MG) 5.3		IRON(MG) 4.3	
		VITAMIN A(RE) 763.1		VITAMIN A(RE) 574.2	
		VITAMIN C(MG) 16.8		VITAMIN C(MG) 24.8	
		SAT FAT(GM) 14.9		SAT FAT(GM) 6.3	
		TOTAL FAT(GM) 43.1		TOTAL FAT(GM) 16.2	
6	7	8	9	10	
CALORIES(KCAL) 892.5	CALORIES(KCAL) 869.6	CALORIES(KCAL) 970.3		CALORIES(KCAL) 676.3	
PROTEIN(GM) 24.4	PROTEIN(GM) 33.0	PROTEIN(GM) 36.6		PROTEIN(GM) 34.1	
CALCIUM(MG) 428.5	CALCIUM(MG) 443.1	CALCIUM(MG) 473.8		CALCIUM(MG) 702.8	
IRON(MG) 5.5	IRON(MG) 7.6	IRON(MG) 7.4		IRON(MG) 4.6	
VITAMIN A(RE) 281.7	VITAMIN A(RE) 227.8	VITAMIN A(RE) 529.7		VITAMIN A(RE) 575.2	
VITAMIN C(MG) 11.1	VITAMIN C(MG) 56.9	VITAMIN C(MG) 27.1		VITAMIN C(MG) 25.1	
SAT FAT(GM) 8.2	SAT FAT(GM) 5.1	SAT FAT(GM) 7.8		SAT FAT(GM) 6.4	
TOTAL FAT(GM) 25.5	TOTAL FAT(GM) 24.2	TOTAL FAT(GM) 36.5		TOTAL FAT(GM) 16.8	
13	14	15	16	17	
CALORIES(KCAL) 755.3	CALORIES(KCAL) 888.1	CALORIES(KCAL) 665.1		CALORIES(KCAL) 841.6	
PROTEIN(GM) 38.5	PROTEIN(GM) 33.6	PROTEIN(GM) 33.9		PROTEIN(GM) 34.0	
CALCIUM(MG) 494.1	CALCIUM(MG) 607.8	CALCIUM(MG) 409.0		CALCIUM(MG) 693.0	
IRON(MG) 7.4	IRON(MG) 7.1	IRON(MG) 4.9		IRON(MG) 5.6	
VITAMIN A(RE) 322.1	VITAMIN A(RE) 235.3	VITAMIN A(RE) 539.1		VITAMIN A(RE) 573.4	
VITAMIN C(MG) 17.7	VITAMIN C(MG) 31.4	VITAMIN C(MG) 23.3		VITAMIN C(MG) 26.6	
SAT FAT(GM) 4.0	SAT FAT(GM) 6.5	SAT FAT(GM) 3.0		SAT FAT(GM) 6.6	
TOTAL FAT(GM) 18.5	TOTAL FAT(GM) 24.9	TOTAL FAT(GM) 12.2		TOTAL FAT(GM) 26.2	
20	21	22	23	24	
	CALORIES(KCAL) 708.0	CALORIES(KCAL) 817.2		CALORIES(KCAL) 676.3	
	PROTEIN(GM) 27.5	PROTEIN(GM) 35.1		PROTEIN(GM) 34.1	
	CALCIUM(MG) 420.4	CALCIUM(MG) 827.6		CALCIUM(MG) 702.8	
	IRON(MG) 6.3	IRON(MG) 4.8		IRON(MG) 4.6	
	VITAMIN A(RE) 387.2	VITAMIN A(RE) 582.0		VITAMIN A(RE) 575.2	
	VITAMIN C(MG) 43.6	VITAMIN C(MG) 13.6		VITAMIN C(MG) 25.1	
	SAT FAT(GM) 4.2	SAT FAT(GM) 8.8		SAT FAT(GM) 6.4	
	TOTAL FAT(GM) 20.8	TOTAL FAT(GM) 29.9		TOTAL FAT(GM) 16.8	
27	28	29	1	2	
CALORIES(KCAL) 824.4	CALORIES(KCAL) 916.7	CALORIES(KCAL) 652.8			
PROTEIN(GM) 30.6	PROTEIN(GM) 32.5	PROTEIN(GM) 34.2			
CALCIUM(MG) 361.8	CALCIUM(MG) 677.8	CALCIUM(MG) 432.0			
IRON(MG) 5.4	IRON(MG) 5.9	IRON(MG) 5.3			
VITAMIN A(RE) 316.5	VITAMIN A(RE) 235.3	VITAMIN A(RE) 468.2			
VITAMIN C(MG) 6.3	VITAMIN C(MG) 31.4	VITAMIN C(MG) 24.5			
SAT FAT(GM) 8.2	SAT FAT(GM) 7.3	SAT FAT(GM) 5.9			
TOTAL FAT(GM) 26.6	TOTAL FAT(GM) 30.3	TOTAL FAT(GM) 17.7			