





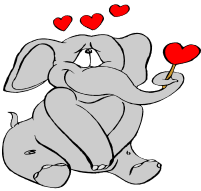
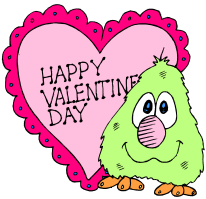

February 2010



GRAYSLAKE SCHOOL DISTRICT 46

Avon/Frederick/Grayslake Middle

BREAKFAST K-12

Monday	Tuesday	Wednesday	Thursday	Friday
1 FROSTED FLAKES (LOW SUGAR) Cinnamon Breakfast Square Orange Pineapple Juice	2 BREAKFAST BURRITO Grape Juice	3 MAPLE EGGO CRUNCH (WHOLE GRAIN) Banana Muffin Blended Fruit Juice	4 FRENCH TOAST STICKS Grape Juice	5 CINNAMON RAISIN BAGEL Apple Cranberry Juice
8 RICE KRISPIES Apple Waffle Snap Crackers Orange Pineapple Juice	9 BUTTERMILK WAFFLES W/ SAUSAGE Apple Juice	10 BLUEBERRY MUFFIN Apple Cranberry Juice	11 EGG AND CHEESE ON A BAGEL Blended Fruit Juice	12 
15 	16 FRUIT LOOPS (LOW SUGAR) Cinnamon Breakfast Square Orange Pineapple Juice	17 TOTAL RAISIN BRAN Sliced Bagel Grape Juice	18 BUTTERMILK WAFFLES Apple Juice	19 BLUEBERRY MUFFIN Blended Fruit Juice
22 MAPLE EGGO CRUNCH (WHOLE GRAIN) Strawberry Pop Tart Grape Juice	23 PANCAKES Orange Juice	24 BLUEBERRY BAGEL Apple Cranberry Juice	25 SAUSAGE PATTY ON A BISCUIT Grape Juice	26 CRISPIX Raisin Bran Muffin Apple Juice
				

***ALL MEALS SERVED WITH APPROPRIATE BUNS, CONDIMENTS AND A CHOICE OF MILK. *MENU SUBJECT TO CHANGE.



The United States Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, or marital or family status. Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotope, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a discrimination complaint, write USDA, Director Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer. Preferred Meal Systems does not purchase or produce harmful products containing artificial trans fat. However, some products such as beef & cheese contain naturally occurring trans fat which is not harmful.

This document was created with Win2PDF available at <http://www.win2pdf.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.
This page will not be added after purchasing Win2PDF.