Menus

Preferred Meal Systems’ works with the Grayslake Food Department of Food and Nutrition Services to develop a child pleasing menu that not only meets all of the requirements of the National School Lunch Act for K-8, but one that will provide the highest participation. Menus meet or exceed requirements for calories, vitamins A and C, iron and calcium averaged weekly. In addition, the weekly average of calories from fat does not exceed 30% and saturated fat does not exceed 10%. Products are formulated to provide the lowest amount of fat and nutrients while maintaining taste and quality. A cycle menu is used for the basis of our monthly menu development with new and featured items each month.

Nutritional analyses are provided with the menus to the schools 15 days in advance of the serving month along with the Preferred Word newsletter. Menus include theme days, holiday treats and monotony breakers.

Trans Fat-Free Menus

We are pleased to announce all items Preferred Meal Systems purchases or produces contain 0 g trans fat, excluding naturally occurring trans fat, which may found naturally in beef or cheese. This excludes any government commodity items that a school district may contract for, which may still contain artificial trans fat.

Additional Menu Options

In order to provide a varied menu that will satisfy a range of tastes, we offer at least two to three choices of entrees a day for lunch that may include meatless or sandwich choices in addition to the regular entrée. We work with your Food and Nutrition Department to find the optimal choices to satisfy the Grayslake children’s appetites.