



May / June 2010



Park Forest

BR + LNC1

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>RICE KRISPIES</p> <p>Apple Waffle Snap Crackers</p> <p>Strawberry Kiwi Juice</p> <p>TERIYAKI GLAZED CHICKEN W/ FRIED RICE</p> <p>CHEESE PISA PIZZA</p> <p>Soft Breadstick</p> <p>Peas & Carrots</p> <p>Grape Juice Bar</p> <p>Sugar Cookie</p>	<p>4</p> <p>BUTTERMILK WAFFLES W/ SAUSAGE</p> <p>Apple Juice</p> <p>SALISBURY STEAK WITH GRAVY</p> <p>HOT DOG</p> <p>Mashed Potatoes</p> <p>Pineapple Cup</p> <p>Wheat Bread</p>	<p>5</p> <p>PANCAKES</p> <p>Fruit Punch</p> <p>BEAN & CHEESE BURRITO</p> <p>CHICKEN NUGGETS</p> <p>Fiesta Corn</p> <p>Fresh Orange^</p> <p>Cheddar Goldfish Crackers</p>	<p>6</p> <p>CHEESE OMELET</p> <p>Apple Grape Juice</p> <p>Strawberry Waffle Crackers</p> <p>PIZZA DIPPERS</p> <p>Marinara Dipping Sauce</p> <p>BREADED CHICKEN FILLET</p> <p>Tossed Salad</p> <p>Peach Cup</p> <p>Chocolate Chip Cookie</p>	<p>7</p> 
<p>10</p> <p>FRUIT LOOPS (LOW SUGAR)</p> <p>Cinnamon Breakfast Square</p> <p>Apple Juice</p> <p>CHICKEN TENDERS</p> <p>PEPPERONI PISA PIZZA</p> <p>Baked Beans</p> <p>Cherry Juice Bar</p> <p>Corn Muffin</p>	<p>11</p> <p>CHICKEN BISCUIT</p> <p>Fruit Punch</p> <p>PENNE PASTA W/MEAT SAUCE</p> <p>HOT DOG</p> <p>Garden Vegetables</p> <p>Pear Cup</p> <p>Garlic Bread</p>	<p>12</p> <p>BREAKFAST TOASTED CHEESE SANDWICH</p> <p>Apple Grape Juice</p> <p>CHICKEN NUGGETS</p> <p>TOASTED HAM & CHEESE ON WHITE BREAD</p> <p>Corn</p> <p>Sliced Apples</p> <p>Carmel Dipping Sauce</p>	<p>13</p> <p>BUTTERMILK WAFFLES</p> <p>Strawberry Kiwi Juice</p> <p>CHEESEBURGER</p> <p>BREADED CHICKEN FILLET</p> <p>French Fries</p> <p>Fresh Orange^</p> <p>Pickle Chips</p> <p>Vanilla Cupcake</p>	<p>14</p> <p>BLUEBERRY MUFFIN</p> <p>Apple Juice</p> <p>FRENCH BREAD PEPPERONI PIZZA</p> <p>HAMBURGER</p> <p>Fresh Baby Carrots</p> <p>Fruited Gelatin</p> <p>Oatmeal Cookie</p>
<p>17</p> <p>MAPLE EGGO CRUNCH (WHOLE GRAIN)</p> <p>Strawberry Pop Tart</p> <p>Fruit Punch</p> <p>MINI CORN DOGS</p> <p>CHEESE PISA PIZZA</p> <p>Potato Fun Shapes</p> <p>Blue Raspberry Juice Bar</p> <p>Goldfish Crackers</p>	<p>18</p> <p>PANCAKES</p> <p>Apple Grape Juice</p> <p>CHICKEN DIPPERS W/TOMATO PARMESAN SAUCE</p> <p>HOT DOG W/TRI TATORS</p> <p>Peach Cup</p> <p>Garlic Bread</p> <p>Apple Oatmeal Cookie</p>	<p>19</p> <p>FRENCH TOAST STICKS</p> <p>Strawberry Kiwi Juice</p> <p>PATTY MELT SANDWICH</p> <p>CHICKEN NUGGETS</p> <p>Garden Green Peas</p> <p>Fresh Pear^</p> <p>Strawberry Yogurt</p>	<p>20</p> <p>SAUSAGE PATTY ON A BISCUIT</p> <p>Apple Juice</p> <p>FRENCH BREAD CHEESE PIZZA</p> <p>BREADED CHICKEN FILLET</p> <p>Tossed Salad</p> <p>Applesauce Cup</p> <p>Double Fudge Cookie</p>	<p>21</p> <p>CRISPIX</p> <p>Raisin Bran Muffin</p> <p>Fruit Punch</p> <p>GRILLED CHICKEN PATTY W/ BBQ SAUCE</p> <p>HAMBURGER</p> <p>Mashed Potatoes</p> <p>Fresh Banana^</p> <p>Mini Pretzels</p>
<p>24</p> <p>COCOA KRISPIES</p> <p>Apple Granola Square</p> <p>Apple Grape Juice</p> <p>CHICKEN TENDERS</p> <p>PEPPERONI PISA PIZZA</p> <p>Potato Wedges</p> <p>Cherry Juice Bar</p> <p>Chocolate Chip Cookie</p>	<p>25</p> <p>TURKEY HAM & CHEESE ON ENGLISH MUFFIN</p> <p>Strawberry Kiwi Juice</p> <p>Strawberry Waffle Crackers</p> <p>HAMBURGER</p> <p>HOT DOG</p> <p>Corn</p> <p>Mixed Fruit Cup</p> <p>Pickle Chips</p> <p>Honey Wheat Pretzels (Multi Grain)</p>	<p>26</p> <p>EGG AND CHEESE ON A BAGEL</p> <p>Apple Juice</p> <p>Honey Belly Bears</p> <p>SPAGHETTI W/MEATBALLS</p> <p>CHICKEN NUGGETS</p> <p>Garden Vegetables</p> <p>Fresh Apple^</p> <p>Garlic Bread</p>	<p>27</p> <p>CINNAMON SWIRL FRENCH TOAST</p> <p>Fruit Punch</p> <p>HOT DOG</p> <p>BREADED CHICKEN FILLET</p> <p>Baked Beans</p> <p>Fresh Pear^</p> <p>Kids' Munchie Mix</p>	<p>28</p> <p>STRAWBERRY YOGURT</p> <p>Banana Muffin</p> <p>Apple Grape Juice</p> <p>PIZZA DIPPERS</p> <p>Marinara Dipping Sauce</p> <p>CHEESEBURGER</p> <p>Fresh Cauliflower</p> <p>Pineapple Cup</p> <p>Star Spangled Cookies</p>
<p>31</p> 	<p>1</p> <p>TOTAL RAISIN BRAN (WHOLE GRAIN)</p> <p>Brown Sugar Pop Tart</p> <p>Strawberry Kiwi Juice</p> <p>CHICKEN TENDERS</p> <p>CHEESE PISA PIZZA</p> <p>Potato Fun Shapes</p> <p>Sour Apple Juice Bar</p>	<p>2</p> <p>CORN POPS</p> <p>Sliced Bagel</p> <p>Apple Juice</p> <p>BEEF SAUSAGE PIZZA</p> <p>BREADED CHICKEN FILLET</p> <p>Mixed Fruit Cup</p> <p>Orange Juice</p> <p>Cherry Muffin</p>		

***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, audiotape, 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.