






# February 2012

Coral Springs Charter School



Preferred Meal Systems, Inc.  
preferredmealsystems.com

7-12 E

Monday	Tuesday	Wednesday	Thursday	Friday
		1 PENNE PASTA W/MEAT SAUCE(WHOLE WHEAT) BAKED CHICKEN NUGGETS(WHOLE GRAIN) Peas Fresh Pear Multigrain Sun Chips	2 BEEF SAUSAGE PIZZA (WHOLE WHEAT) KICKIN' CHICKEN Fresh Baby Carrots Peach Cup Hamburger Bun	3 GRILLED BBQ CHICKEN FILLET HAMBURGER Potato Rounds Fresh Apple^ Hamburger Bun Lemon Cookie
6 MINI CORN DOGS FRENCH BREAD CHEESE PIZZA Potato Rounds Orange Juice PopCorners	7 SPAGHETTI (WHOLE WHEAT) W/ MEAT SAUCE BAGEL DOG (WHOLE GRAIN) Green Beans Peach Cup Garlic Bread Oatmeal Cookie	8 HOMESTYLE SALISBURY STEAK W/GRAVY BAKED CHICKEN NUGGETS(WHOLE GRAIN) Mashed Potatoes Fresh Pear Hamburger Bun Multigrain Sun Chips	9 CHEESE PISA PIZZA KICKIN' CHICKEN Baby Carrots Grape Juice Hamburger Bun Vanilla Cookie	10 MEATLOAF W/TOMATO SAUCE CHEESEBURGER Garden Vegetables Fresh Orange Hamburger Bun Cheddar Goldfish Crackers
13 FRENCH TOAST STICKS W/SAUSAGE BEEF SAUSAGE PIZZA (WHOLE WHEAT) Potato Rounds Apple-Cranberry Juice Fritos	14 MEATBALL SUB W/TOMATO SAUCE BEEF HOT DOG Garden Vegetables Mixed Fruit Cup Hot Dog Bun Mini Pretzels	15 TOASTED TURKEY HAM & CHEESE SANDWICH BAKED CHICKEN NUGGETS(WHOLE GRAIN) Corn Fresh Pear^ Corn Muffin	16 CHEESE PIZZA DIPPERS Marinara Dipping Sauce CRISPY CHICKEN FILLET (WHOLE GRAIN) Baby Carrots Pineapple Cup Hamburger Bun	17 SWEET & SOUR BROWN RICE BOWL W/CHICKEN CHEESEBURGER Fresh Apple^ Grape Juice Hamburger Bun Jerry Berry's Cherry Cake
20  <b>President's Day</b>	21 HOMESTYLE CHILI W/BEANS CHEESE PISA PIZZA Whole Kernel Corn Apple-Cranberry Juice Tortilla Rounds (Whole Grain)	22 MACARONI & CHEESE (WHOLE WHEAT) BAKED CHICKEN NUGGETS(WHOLE GRAIN) Fresh Apple Grape Juice Cheddar Goldfish Crackers	23 CHEESE PIZZA DIPPERS Marinara Dipping Sauce GRILLED BBQ CHICKEN FILLET Fresh Baby Carrots Apple Juice Hamburger Bun	24 BEAN & CHEESE BURRITO HAMBURGER Peach Cup Fresh Orange Hamburger Bun Baked Doritos
27 TEX MEX TURKEY BROWN RICE BOWL FRENCH BREAD PEPPERONI PIZZA Corn Apple-Cranberry Juice Tortilla Rounds (Whole Grain)	28 ITALIAN CHICKEN PARMESAN (WHOLE GRAIN) BEEF HOT DOG Peas Fruited Gelatin Garlic Bread Hamburger Bun Hot Dog Bun	29 PATTY MELT SANDWICH ON WHOLE WHEAT BREAD BAKED CHICKEN NUGGETS(WHOLE GRAIN) French Fries Fresh Pear Fritos		

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

\*\*\*MENU SUBJECT TO CHANGE.



In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free 866/632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through Federal Relay service at 800/877-8339; or 800/845-6136 (Spanish). USDA is an equal opportunity provider and employer.