



January 2011

ARCHDIOCESE OF LOS ANGELES



Preferred Meal Systems, Inc.
preferredmealsystems.com

BREAKFAST K-12

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Nutrient Averages
RAISIN BRAN (WHOLE GRAIN) Buttermilk Bar Grape Juice Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN Fruit Punch Cinnamon Elf Grahams Milk	CINNAMON SWIRL FRENCH TOAST Apple Juice Honey Belly Bears Milk	FROSTED MINI WHEATS (WHOLE GRAIN) Cinnamon Breakfast Square Orange Juice Milk	BANANA MUFFIN Grape Juice Milk	Calories 478.1 Protein 13.3 Calcium (mg) 613.6 Iron (mg) 10.3 Vita A (RE) 504.1 Vita C (g) 39.1 Saturated Fat 4.9% Total Fat 19.1%
FROSTED FLAKES (REDUCED SUGAR) Apple Granola Square Fruit Punch Milk	FRENCH TOAST STICKS Apple Juice Milk	CHEESE OMELET Graham Crackers Orange Pineapple Juice Milk	CORN POPS Cinnamon Raisin Bagel Apple Juice Milk	BLUEBERRY MUFFIN Grape Juice Jungle Crackers Milk	Calories 556.1 Protein 15.8 Calcium (mg) 403.9 Iron (mg) 4.4 Vita A (RE) 234.2 Vita C (g) 52.9 Saturated Fat 6.0% Total Fat 18.9%
Martin Luther King Jr. Observed	CHEESY EGG, POTATO & TURKEY SAUSAGE INCREDI-BOWL Fruit Punch Apple Waffle Crackers Milk	BUTTERMILK WAFFLES Grape Juice Milk	MAPLE EGGO CRUNCH (WHOLE GRAIN) Sliced Bagel Orange Juice Milk	APPLE MUFFIN Fruit Punch Honey Belly Bears Milk	Calories 561.9 Protein 15.1 Calcium (mg) 389.5 Iron (mg) 4.5 Vita A (RE) 298.8 Vita C (g) 49.3 Saturated Fat 6.5% Total Fat 23.3%
MINI WHEATS LITTLE BITES (WHOLE GRAIN) Cinnamon Breakfast Square Apple Juice Milk	PANCAKE & TURKEY SAUSAGE ON A STICK Orange Pineapple Juice Milk	BREAKFAST BURRITO Fruit Punch Cinnamon Belly Bears Milk	CRISPIX Raisin Bran Muffin Apple Juice Milk	BLUEBERRY MUFFIN Grape Juice Apple Waffle Crackers Milk	Calories 564.5 Protein 16.2 Calcium (mg) 459.6 Iron (mg) 5.8 Vita A (RE) 308.3 Vita C (g) 43.2 Saturated Fat 6.2% Total Fat 21.8%
APPLE JACKSW REDUCED SUGAR Strawberry Applesauce Fruit Punch Milk					Calories 570.0 Protein 14.8 Calcium (mg) 416.4 Iron (mg) 5.7 Vita A (RE) 293.9 Vita C (g) 50.4 Saturated Fat 6.6% Total Fat 24.4%

***ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS.

**MENU SUBJECT TO CHANGE

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