



January 2011

ARCHDIOCESE OF LOS ANGELES



Preferred Meal Systems, Inc.
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7-12 ENHANCED (LIEZ)

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Nutrient Averages
<p>3</p> <p>BAKED CHICKEN NUGGETS (WHOLE GRAIN)</p> <p>PEPPERONI HOT POCKET</p> <p>Potato Wedges Blended Fruit Juice White Cheddar PopCorners Milk</p>	<p>4</p> <p>SPAGHETTI W/MEATSAUCE (WHOLE GRAIN)</p> <p>CRISPY CHICKEN TENDERS (WHOLE GRAIN)</p> <p>Peas Mixed Fruit Cup Garlic Bread Milk</p>	<p>5</p> <p>HOT DOG & FRENCH FRIES</p> <p>MINI CHEESE RAVIOLI W/RAGU SAUCE</p> <p>Fresh Pear* Hot Dog Roll Cheddar Goldfish Crackers Milk</p>	<p>6</p> <p>MEATLOAF W/GRAVY</p> <p>CRISPY CHICKEN FILET (Whole Grain)</p> <p>Mashed Potatoes Fresh Orange* Whole Wheat Bread Hamburger Bun Chocolate Chip Cookie Milk</p>	<p>7</p> <p>CHEESE PIZA PIZZA (WHOLE GRAIN CRUST)</p> <p>BEEF BURRITO</p> <p>Baby Carrots Peach Cup Mini Pretzels Milk</p>	<p>Calories 828.5 Protein 31.4 Calcium (mg) 502.6 Iron (mg) 4.5 Vita A (RE) 335.4 Vita C (g) 26.8 Saturated Fat 7.9% Total Fat 29.3%</p>
<p>10</p> <p>LOW FAT TOASTED CHEESE ON WHEAT BREAD</p> <p>FRENCH BREAD PEPPERONI PIZZA</p> <p>Tomato Soup Grape Juice Goldfish Crackers Milk</p>	<p>11</p> <p>CRISPY CHICKEN FILET (Whole Grain)</p> <p>MINI CORN DOGS</p> <p>Green Beans Applesauce Cup Hamburger Bun Chocolate Chip Muffin Milk</p>	<p>12</p> <p>CHARBROILED HAMBURGER</p> <p>TERIYAKI GLAZED CHICKEN W/RICE</p> <p>Potato Wedges Fresh Apple* Hamburger Bun Double Fudge Cookie Milk</p>	<p>13</p> <p>CHEESE PIZZA DIPPERS Marinara Dipping Sauce</p> <p>HOT DIGGETY DOG</p> <p>Tossed Salad Baby Carrots Diced Pear Cup Hot Dog Roll Jerry Berry's Cherry Cake Milk</p>	<p>14</p> <p>CHIPOTLE BEAN BOWL</p> <p>TERIYAKI MEATBALLS W/RICE</p> <p>Corn Fresh Orange* Fritos Milk</p>	<p>Calories 828.3 Protein 32.4 Calcium (mg) 465.0 Iron (mg) 5.6 Vita A (RE) 334.3 Vita C (g) 48.8 Saturated Fat 6.9% Total Fat 26.8%</p>
<p>17</p> <p>Martin Luther King Jr. Observed</p>	<p>18</p> <p>MINI CORN DOGS</p> <p>CHEESE PIZA PIZZA (WHOLE GRAIN CRUST)</p> <p>French Fries Blended Fruit Juice Cheddar Goldfish Crackers Milk</p>	<p>19</p> <p>ORANGE GLAZED CHICKEN W/BROWN RICE & VEGETABLES</p> <p>SPAGHETTI W/MEATSAUCE (WHOLE GRAIN)</p> <p>Peas & Carrots Fresh Apple* Soft Breadstick Oatmeal Cookie Milk</p>	<p>20</p> <p>ZESTY TACO MEAT</p> <p>CRISPY CHICKEN FILET (Whole Grain)</p> <p>Corn Fresh Banana* Tortilla Rounds (Whole Grain) Hamburger Bun Corn Muffin Milk</p>	<p>21</p> <p>PEPPERONI PISA PIZZA (WHOLE WHEAT CRUST)</p> <p>BEAN & CHEESE BURRITO</p> <p>Tossed Salad Baby Carrots Mixed Fruit Cup PopCorners Milk</p>	<p>Calories 831.1 Protein 30.5 Calcium (mg) 509.3 Iron (mg) 4.6 Vita A (RE) 410.7 Vita C (g) 50.2 Saturated Fat 7.8% Total Fat 29.3%</p>
<p>24</p> <p>HOMESTYLE CHILI W/BEEF & BEANS</p> <p>FRENCH BREAD CHEESE PIZZA</p> <p>Garden Vegetables Grape Juice Tortilla Rounds (Whole Grain) Oatmeal Cookie Milk</p>	<p>25</p> <p>POPCORN CHICKEN W/POTATO FUN SHAPES</p> <p>MINI CORN DOGS W/POTATO FUN SHAPES</p> <p>Peach Cup Butterscotch Cookie Milk</p>	<p>26</p> <p>CREAMY MACARONI AND CHEESE</p> <p>GRILLED BBQ CHICKEN FILLET</p> <p>Hamburger Bun Green Beans Fresh Pear* Garlic Bread Milk</p>	<p>27</p> <p>CHEESE PIZZA DIPPERS Marinara Dipping Sauce</p> <p>HOT DIGGETY DOG</p> <p>Hot Dog Roll Mixed Green Salad Baby Carrots Fresh Orange* Chocolate Chip Muffin Milk</p>	<p>28</p> <p>CHEESEBURGER</p> <p>TERIYAKI GLAZED CHICKEN W/RICE</p> <p>French Fries Applesauce Cup Hamburger Bun Apple Cinnamon Multigrain Crisp Milk</p>	<p>Calories 824.5 Protein 30.3 Calcium (mg) 485.0 Iron (mg) 4.6 Vita A (RE) 541.1 Vita C (g) 23.9 Saturated Fat 6.2% Total Fat 26.2%</p>
<p>31</p> <p>CHICKEN DIPPERS (WHOLE GRAIN) W/TOMATO PARMESAN SAUCE</p> <p>BEEF SAUSAGE PIZZA (WHOLE GRAIN)</p> <p>Green Beans Blended Fruit Juice Garlic Bread Milk</p>					<p>Calories 849.1 Protein 29.8 Calcium (mg) 501.5 Iron (mg) 4.4 Vita A (RE) 428.5 Vita C (g) 52.1 Saturated Fat 8.6% Total Fat 28.7%</p>

***ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS.

**MENU SUBJECT TO CHANGE

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