



September 2011

SAN FRANCISCO UNIFIED SCHOOL DISTRICT



Preferred Meal Systems, Inc.

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K-6 TRADITIONAL (LN)

Monday	Tuesday	Wednesday	Thursday	Friday	Weekly Nutrient Averages
		<u>Healthier U.S. School Challenge</u> 	1 TURKEY PEPPERONI PIZZA (WHOLE WHEAT CRUST) CHEESE PIZZA PIZZA (WHOLE GRAIN CRUST) Romaine Salad Organic Fresh Pear	2 CHICKEN NUGGETS WHOLE GRAIN W/SWEET POTATOES MACARONI & CHEESE W/GREEN BEANS Pineapple Cup Goldfish Crackers	Calories 696.1 Protein 30.5 Calcium (mg) 529.7 Iron (mg) 3.8 Vita A (RE) 1055.0 Vita C (g) 17.6 Saturated Fat 9.0% Total Fat 30.1%
5 LABOR DAY 	6 HAMBURGER W/BAKED BEANS MINI CHEESE RAVIOLI W/RAGU SAUCE Wheat Hamburger Bun Fresh Orange Wedges	7 MACARONI & CHEESE W/TURKEY HAM LOW FAT TOASTED CHEESE ON WHEAT BREAD Baby Carrots Fresh Banana Apple Cinnamon Multigrain Crisps	8 TURKEY PEPPERONI PIZZA (WHOLE WHEAT CRUST) CHEESE PIZZA PIZZA (WHOLE GRAIN CRUST) Fresh Broccoli Florets Applesauce Cup	9 TEX MEX TURKEY BROWN RICE BOWL BEAN & CHEESE BURRITO Romaine Salad Fresh Pear	Calories 682.6 Protein 33.4 Calcium (mg) 626.0 Iron (mg) 3.9 Vita A (RE) 459.2 Vita C (g) 48.9 Saturated Fat 11.0% Total Fat 25.4%
12 CHICKEN NUGGETS WHOLE GRAIN W/SWEET POTATOES MINI CHEESE RAVIOLI W/RAGU SAUCE Fresh Apple Cheddar Goldfish Crackers	13 CHEESEBURGER W/BAKED BEANS MACARONI & CHEESE W/MIXED VEGGIES Wheat Hamburger Bun Fresh Orange Wedges	14 TURKEY BAGEL DOG HOMESTYLE VEGETARIAN CHILI Baby Carrots Fresh Banana Apple Cinnamon Multigrain Crisps	15 BEEF SAUSAGE PIZZA (WHOLE WHEAT CRUST) CHEESE PIZZA PIZZA (WHOLE GRAIN CRUST) Fresh Broccoli Florets Fresh Pear	16 SWEET & SOUR BROWN RICE BOWL W/CHICKEN MACARONI & CHEESE W/GREEN BEANS Peach Cup Soft Breadstick	Calories 689.7 Protein 30.6 Calcium (mg) 484.1 Iron (mg) 4.2 Vita A (RE) 645.4 Vita C (g) 35.0 Saturated Fat 7.6% Total Fat 23.3%
19 ORANGE GLAZED CHICKEN W/BROWN RICE & VEGETABLES MACARONI & CHEESE W/MIXED VEGGIES Fresh Grapes Garlic Bread	20 GRILLED CHICKEN PATTY W/GREEN BEANS MINI CHEESE RAVIOLI W/RAGU SAUCE Wheat Hamburger Bun Fresh Orange Wedges	21 CHICKEN TOSTADA BOAT BEAN & CHEESE BURRITO Fresh Broccoli Florets Applesauce Cup Apple Cinnamon Multigrain Crisps	22 TURKEY PEPPERONI PIZZA (WHOLE WHEAT CRUST) CHEESE PIZZA PIZZA (WHOLE GRAIN CRUST) Baby Carrots Fresh Banana	23 TOASTED TURKEY HAM & CHEESE SANDWICH LOW FAT TOASTED CHEESE ON WHEAT BREAD Romaine Salad Fresh Pear	Calories 671.2 Protein 29.2 Calcium (mg) 536.6 Iron (mg) 3.8 Vita A (RE) 398.9 Vita C (g) 40.3 Saturated Fat 9.4% Total Fat 28.5%
26 CHICKEN NUGGETS WHOLE GRAIN W/SWEET POTATOES MACARONI & CHEESE W/MIXED VEGGIES Fresh Apple	27 CHEESEBURGER W/BAKED BEANS MINI CHEESE RAVIOLI W/RAGU SAUCE Wheat Hamburger Bun Fresh Orange Wedges	28 SPAGHETTI (WHOLE WHEAT) W/ MEAT SAUCE BEAN & CHEESE BURRITO Baby Carrots Fresh Banana Garlic Bread	29 TURKEY PEPPERONI PIZZA (WHOLE WHEAT CRUST) CHEESE PIZZA PIZZA (WHOLE GRAIN CRUST) Fresh Broccoli Florets Fresh Pear	30 SANTA FE CHICKEN W/SPANISH RICE & VEGETABLES MACARONI & CHEESE W/GREEN BEANS Peach Cup Apple Cinnamon Multigrain Crisps	Calories 695.9 Protein 31.6 Calcium (mg) 501.9 Iron (mg) 3.9 Vita A (RE) 666.3 Vita C (g) 36.8 Saturated Fat 9.3% Total Fat 26.4%

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

**MENU SUBJECT TO CHANGE

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