





March 2012

SAN FRANCISCO UNIFIED SCHOOL DISTRICT



Preferred Meal Systems, Inc.
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Monday		Tuesday		Wednesday		Thursday		Friday		Weekly Nutrient Averages	
Healthier U.S. School Challenge  GOLD				BEEF SAUSAGE PIZZA (WHOLE WHEAT CRUST) CHEESE PIZZA PIZZA (WHOLE GRAIN CRUST) Fresh Broccoli Florets Pineapple Cup		SANTE FE CHICKEN W/ SPANISH BROWN RICE MACARONI & CHEESE WITH GREEN BEANS Fresh Pear Soft Breadstick		1 2		Calories 611.0 Protein 34.0 Calcium (mg) 539.0 Iron (mg) 4.0 Vita A (RE) 340.8 Vita C (g) 31.0 Saturated Fat 9.1% Total Fat 20.8%	
5 ORANGE GLAZED CHICKEN W/BROWN RICE & VEGETABLES MACARONI & CHEESE W/MIXED VEGETABLES Fresh Grapes Garlic Bread		6 GRILLED CHICKEN W/GREEN BEANS MINI CHEESE RAVIOLI W/RAGU SAUCE Wheat Hamburger Bun Fresh Orange Wedges		7 CHICKEN TOSTADA BOAT BEAN & CHEESE BURRITO Fresh Broccoli Florets Fresh Banana Vanilla Goldfish (Whole Grain)		8 TURKEY PEPPERONI PIZZA (WHOLE WHEAT CRUST) CHEESE PIZZA PIZZA (WHOLE GRAIN CRUST) Baby Carrots Applesauce Cup		9 TOASTED TURKEY HAM & CHEESE ON WHOLE WHEAT BREAD TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD Romaine Salad Fresh Pear		Calories 671.7 Protein 28.7 Calcium (mg) 554.5 Iron (mg) 3.9 Vita A (RE) 396.6 Vita C (g) 34.8 Saturated Fat 9.0% Total Fat 28.5%	
12 CHICKEN NUGGETS (whole grain) W/SWEET POTATOES MACARONI & CHEESE WITH GREEN BEANS Fresh Apple		13 CHEESEBURGER W/BAKED BEANS MINI CHEESE RAVIOLI W/RAGU SAUCE Wheat Hamburger Bun Fresh Orange Wedges		14 SPAGHETTI (WHOLE WHEAT) W/ MEAT SAUCE BEAN & CHEESE BURRITO Baby Carrots Fresh Banana Soft Breadstick		15 TURKEY PEPPERONI PIZZA (WHOLE WHEAT CRUST) CHEESE PIZZA PIZZA (WHOLE GRAIN CRUST) Fresh Broccoli Florets Pineapple Cup		16 <h1>NO SCHOOL</h1>		Calories 663.9 Protein 31.4 Calcium (mg) 511.9 Iron (mg) 4.0 Vita A (RE) 744.5 Vita C (g) 39.9 Saturated Fat 9.1% Total Fat 26.8%	
19 ITALIAN CHICKEN PARMESAN (WHOLE GRAIN) HOMESTYLE VEGETARIAN CHILI Baby Carrots Fresh Grapes Soft Breadstick		20 BEEF HOT DOG (ALL NATURAL) W/BAKED BEANS MACARONI & CHEESE W/MIXED VEGETABLES Wheat Hot Dog Bun Fresh Orange Wedges		21 PENNE PASTA W/MEAT SAUCE (WHOLE WHEAT) CHEESE QUESADILLA Romaine Salad Fresh Banana Garlic Bread		22 TURKEY PEPPERONI PIZZA (WHOLE WHEAT CRUST) CHEESE PIZZA PIZZA (WHOLE GRAIN CRUST) Fresh Broccoli Florets Applesauce Cup		23 TURKEY HAM & CHEESE ON WHEAT BREAD BEAN & CHEESE BURRITO Buttered Corn Fresh Pear Oats & Honey Goldfish		Calories 711.1 Protein 33.8 Calcium (mg) 532.4 Iron (mg) 4.0 Vita A (RE) 400.5 Vita C (g) 34.4 Saturated Fat 8.8% Total Fat 27.7%	
26		27		28		29		30		<h1>SPRING BREAK</h1>	

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

**MENU SUBJECT TO CHANGE

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