



# October 2012

SAN FRANCISCO UNIFIED SCHOOL DISTRICT  
BRKFST K-12



Preferred Meal Systems, Inc.  
preferredmealsystems.com

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>CRISPIX</b> Graham Crackers Fresh Orange*	2 <b>BAGEL W/CREAM CHEESE</b> Fresh Apple	3 <b>BANANA MUFFIN</b> Fresh Banana	4 <b>MULTIGRAIN CHEERIOS (WHOLE GRAIN)</b> Wally Wabbit's Carrot Muffin Fresh Apple	5 <b>KIX CEREAL (WHOLE GRAIN)</b> Cinnamon Elf Grahams Fresh Pear*
8 <b>NO SCHOOL</b>	9 <b>BAGEL W/CREAM CHEESE</b> Fresh Apple	10 <b>LEMON MUFFIN</b> Fresh Banana	11 <b>FROSTED FLAKES (LOW SUGAR)</b> Graham Crackers Fresh Apple	12 <b>APPLE FRUITY MUFFIN</b> Fresh Pear*
15 <b>RICE KRISPIES</b> Cinnamon Elf Grahams Fresh Orange*	16 <b>BAGEL W/CREAM CHEESE</b> Fresh Apple	17 <b>WALLY WABBIT'S CARROT MUFFIN</b> Graham Crackers Fresh Banana	18 <b>KIX CEREAL (WHOLE GRAIN)</b> Jungle Crackers Fresh Apple	19 <b>FROSTED MINI WHEATS (WHOLE GRAIN)</b> Banana Muffin Fresh Pear*
22 <b>FROSTED FLAKES (LOW SUGAR)</b> Jungle Crackers Fresh Orange*	23 <b>BAGEL W/CREAM CHEESE</b> Fresh Apple	24 <b>APPLE FRUITY MUFFIN</b> Fresh Banana	25 <b>SPECIAL K</b> Graham Crackers Fresh Apple	26 <b>KIX CEREAL (WHOLE GRAIN)</b> Rockin' Raisin Muffin Fresh Pear*
29 <b>CRISPIX</b> Graham Crackers Fresh Orange*	30 <b>BAGEL W/CREAM CHEESE</b> Fresh Apple	31 <b>BANANA MUFFIN</b> Fresh Banana	<b>Check Us Out:</b> <a href="http://www.sfusd.edu">www.sfusd.edu</a>	

\*\*\*ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK.

\*\*\*MENU SUBJECT TO CHANGE.

MealpayPlus.com  
Prepay for meals online! View what your Child is eating!  
MealpayPlus.com or over the phone (866) 438-7842.



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