






# December 2010

ST. JOSEPHS (Lockport)



Preferred Meal Systems, Inc.  
preferredmealsystems.com

4-12 TRADITIONAL

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>MEATBALL SUB</b> Glazed Carrots Applesauce Cup Hot Dog Bun Butterscotch Cookie	<b>CRISPY CHICKEN FILLET (WHOLE GRAIN)</b> Mashed Potatoes Fresh Orange Hamburger Bun	<b>CHEESE PIZZA DIPPERS</b> Marinara Dipping Cup Mixed Greens Salad Mixed Fruit Cup Chocolate Chip Muffin
<b>TURKEY HAM &amp; CHEESE ON WHEAT BREAD</b> Cherry Frozen Juice Bar Cut Green Beans Double Fudge Cookie	<b>MINI CORN DOGS W/POTATO FUN SHAPES</b> Peach Cup Cheese on Cheese Crackers	<b>FEATURE</b> <b>CREAMY CHICKEN BOW TIE PASTA</b> Garden Green Peas Fresh Banana^ Garlic Bread Holiday Sparkle Cookie	<b>WHOLE WHEAT PEPPERONI PIZZA</b> Fresh Baby Carrots Fruited Gelatin	<b>CRISPY CHICKEN TENDERS (WHOLE GRAIN)</b> French Fries Fresh Pear^ Wheat Bread
<b>HOMESTYLE CHILI</b> Whole Kernel Corn Apple-Cranberry Juice Tortilla Rounds (Whole Grain) Chocolate Chip Cookie	<b>CHEESEBURGER</b> Potato Rounds Mixed Fruit Cup Hamburger Bun Goldfish Crackers	<b>POPCORN CHICKEN W/POTATO FUN SHAPES</b> Fresh Apple Corn Muffin	<b>SPAGHETTI W/ MEAT SAUCE (WHOLE GRAIN)</b> Peas & Carrots Fresh Orange^ Garlic Bread	<b>NO HOT LUNCH TODAY</b>
<h1>HOLIDAY</h1>				
<h1>BREAK</h1>				

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

\*\*\*MENU SUBJECT TO CHANGE.



The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET CENTER at (202) 720-2600 (voice and TDD). To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TDD). USDA is an equal opportunity provider and employer.



# January 2011


ST. JOSEPHS (Lockport)



Preferred Meal Systems, Inc.

preferredmealsystems.com

4-12 TRADITIONAL

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><b>BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS</b></p> <p>Cherry Frozen Juice Bar Cheese on Cheese Crackers</p>	<p>4</p> <p><b>ROTINI W/ MEAT SAUCE (WHOLE GRAIN)</b></p> <p>Garden Green Peas Applesauce Garlic Bread</p>	<p>5</p> <p><b>HOT DOG AND FRENCH FRIES</b></p> <p>Fruited Gelatin Hot Dog Bun Double Fudge Cookie</p>	<p>6</p> <p><b>FRENCH BREAD CHEESE PIZZA</b></p> <p>Grape Juice Peach Cup Mini Pretzels</p>	<p>7</p> <p><b>MEATLOAF W/ TOMATO SAUCE</b></p> <p>Mashed Potatoes Mixed Fruit Cup Wheat Bread Chocolate Chip Cookie</p>
<p>10</p> <p><b>TOASTED CHEESE ON WHEAT BREAD</b></p> <p>Tomato Soup Blended Fruit Juice Original Goldfish Crackers</p>	<p>11</p> <p><b>CRISPY CHICKEN FILLET (WHOLE GRAIN)</b></p> <p>Mashed Potatoes Pear Cup Hamburger Bun</p>	<p>12</p> <p><b>HAMBURGER</b></p> <p>Maple Baked Beans Fresh Banana<sup>^</sup> Hamburger Bun Butterscotch Cookie</p>	<p>13</p> <p><b>CHEESE PIZZA DIPPERS</b></p> <p>Marinara Dipping Sauce Fresh Broccoli Mixed Fruit Cup Jerry Berry's Cherry Cake</p>	<p>14</p> <p><b>SWEET &amp; SOUR BROWN RICE BOWL W/CHICKEN</b></p> <p>Buttered Corn Fresh Apple Fritos</p>
<p>17</p> <p><b>Martin Luther King Jr. Observed</b></p> 	<p>18</p> <p><b>MINI CORN DOGS W/POTATO FUN SHAPES</b></p> <p>Apple-Cranberry Juice</p>	<p>19</p> <p><b>ORANGE GLAZED CHICKEN W/BROWN RICE &amp; VEGETABLES</b></p> <p>Pear Cup Soft Breadstick Oatmeal Cookie</p>	<p>20</p> <p><b>PEPPERONI PISA PIZZA (WHOLE WHEAT)</b></p> <p>Fresh Baby Carrots Cinnamon Applesauce PopCorners</p>	<p>21</p> <p><b>CRISPY CHICKEN TENDERS (WHOLE GRAIN)</b></p> <p>French Fries Fresh Orange Wheat Bread</p>
<p>24</p> <p><b>HOMESTYLE CHILI</b></p> <p>Whole Kernel Corn Orange Pineapple Juice Tortilla Rounds (Whole Grain) Apple Oatmeal Cookie</p>	<p>25</p> <p><b>CHEESEBURGER</b></p> <p>Potato Wedges Mixed Fruit Cup Hamburger Bun Original Goldfish Crackers</p>	<p>26</p> <p><b>POPCORN CHICKEN W/POTATO FUN SHAPES</b></p> <p>Fresh Apple Corn Muffin Honey Wheat Pretzels</p>	<p>27</p> <p><b>SPAGHETTI W/ MEAT SAUCE (WHOLE GRAIN)</b></p> <p>Glazed Carrots Fresh Pear Garlic Bread</p>	<p>28</p> <p><b>CHEESE PIZZA DIPPERS</b></p> <p>Marinara Dipping Sauce Mixed Greens Salad Chilled Peaches Snickerdoodle Cookie</p>
<p>31</p> <p><b>FRENCH TOAST STICKS WITH SAUSAGE</b></p> <p>Potato Rounds Grape Juice</p>				

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

\*\*\*MENU SUBJECT TO CHANGE.



The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET CENTER at (202) 720-2600 (voice and TDD). To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TDD). USDA is an equal opportunity provider and employer.