

MVC0054601

MYSTIC VALLEY  
ADVANTAGE(BEACON)

Preferred Meal Systems

January 2009

BR - Breakfast - Breakfast K-12



Tray & Utensil Provided Daily - District Supplied Milk

						<b>1</b>		<b>2</b>	
<b>5</b>		<b>6</b>		<b>7</b>		<b>8</b>		<b>9</b>	
WHOLE GRAIN	956	CRISPIX	963	LOW SUGAR FROSTED FLAKES	8394	APPLE JACKS	926	COCOA KRISPIES	911
MAPLE EGGO CRUNCH		Glazed Donut	8836	Sliced Bagel	79401	Cinnamon Breakfast Square	8214A	Banana Muffin	83041
Brown Sugar Poptart	8570	Orange Pineapple Juice	544	Blended Fruit Juice	542	Grape Juice	539	Apple Cranberry Juice	552
Grape Juice	539	Milk	@MILK	Assorted Jelly	880	Milk	@MILK	Assorted Jelly	880
Milk	@MILK			Margarine	863B			Margarine	863B
				Milk	@MILK			Milk	@MILK
<b>12</b>		<b>13</b>		<b>14</b>		<b>15</b>		<b>16</b>	
WHOLE GRAIN	953	LOW SUGAR FROSTED FLAKES	8394	BLUEBERRY MUFFIN	83049	CRISPIX	963	WHOLE GRAIN	958
CINNAMON SWIRLZ		Cinnamon Breakfast Square	8214A	Orange Pineapple Juice	544	Sliced Bagel	79401	FROSTED MINI WHEATS	
Apple Granola Square	8431A	Apple Cranberry Juice	552	Assorted Jelly	880	Blended Fruit Juice	542	Plain Donut	8875
Blended Fruit Juice	542	Milk	@MILK	Margarine	863B	Assorted Jelly	880	Grape Juice	539
Milk	@MILK			Milk	@MILK	Margarine	863B	Milk	@MILK
						Milk	@MILK		
<b>19</b>		<b>20</b>		<b>21</b>		<b>22</b>		<b>23</b>	
		APPLE JACKS	926	LOW SUGAR FRUIT LOOPS	8392	WHOLE GRAIN	956	BANANA MUFFIN	83045
		Brown Sugar Poptart	8570	Apple Granola Square	8431A	MAPLE EGGO CRUNCH		Blended Fruit Juice	542
		Blended Fruit Juice	542	Grape Juice	539	Glazed Donut	8836	Assorted Jelly	880
		Milk	@MILK	Milk	@MILK	Apple Cranberry Juice	552	Margarine	863B
						Milk	@MILK	Milk	@MILK
<b>26</b>		<b>27</b>		<b>28</b>		<b>29</b>		<b>30</b>	
LOW SUGAR FROSTED FLAKES	8394	COCOA KRISPIES	911	APPLE MUFFIN	83047	CORN FLAKES	929	WHOLE GRAIN	953
Cinnamon Breakfast Square	8214A	Plain Donut	8875	Blended Fruit Juice	542	Apple Granola Square	8431A	CINNAMON SWIRLZ	
Apple Juice	553	Grape Juice	539	Assorted Jelly	880	Orange Pineapple Juice	544	Sliced Bagel	79401
Milk	@MILK	Milk	@MILK	Margarine	863B	Milk	@MILK	Grape Juice	539
				Milk	@MILK			Assorted Jelly	880
								Margarine	863B
								Milk	@MILK

MVC0054601

MYSTIC VALLEY  
ADVANTAGE(BEACON)

Preferred Meal Systems

January 2009

LN - Lunch - 4-12 Traditional



Tray & Utensil Provided Daily - District Supplied Milk

						<b>1</b>		<b>2</b>	
<b>5</b>		<b>6</b>		<b>7</b>		<b>8</b>		<b>9</b>	
RICE BOWL W/SW&SR CHICKEN & VEGETAB Frozen Juice Bar Fiesta Sprinkle Cookie Milk	12016 529 8189 @MILK	MEATLOAF WITH GRAVY Mashed Potatoes Apple Juice Wheat Bread (2) Margarine (2) Milk	105 420 553 @WHEAT04 863B @MILK	ROTINI BAKE Green Beans Diced Pears Soft Breadstick Sugar Cookie Milk	170 303 803234 7937 8224a @MILK	NEW! POPCORN CHICKEN WITH POTATO STARS Chilled Peaches Corn Muffin Margarine (2) BBQ Sauce Ketchup Milk	1390 803233 83044 863B 808 868 @MILK	CHEESE PIZZA Blended Fruit Juice Fresh Fruit Munchies Mix Milk	TM170351 542 @FRFRUIT 8194 @MILK
<b>12</b>		<b>13</b>		<b>14</b>		<b>15</b>		<b>16</b>	
CHEESE QUESADILLA Fiesta Corn Frozen Juice Bar Taco Sauce Milk	1290 321 598 874 @MILK	RIB-B-QUE Potato Stars Grape Juice Hamburger Bun Ketchup (2) Mini Pretzels Milk	183 439 539 @HAMB094 868 904A @MILK			CHICKEN TENDERS WITH POTATO WEDGES Strawberry Applesauce Wheat Bread (2) Margarine (2) BBQ Sauce Ketchup Milk	11013 803231 @WHEAT04 863B 808 868 @MILK	PIZZA DIPPERS Marinara Dipping Sauce Fresh Fruit Jungle Crackers Milk	12002 1153 @FRFRUIT 8513 @MILK
<b>19</b>		<b>20</b>		<b>21</b>		<b>22</b>		<b>23</b>	
		CHICKEN NUGGETS WITH HASH BROWNS Frozen Juice Bar Corn Muffin Margarine BBQ Sauce Ketchup Milk	1351 529 83040 863B 808 868 @MILK	PATTY MELT SANDWICH Whole Kernel Corn Orange Pineapple Juice Ketchup Cheetos Cracker Trax Milk	1215 301 544 868 8905 @MILK	TERIYAKI GLAZED CHICKEN WITH FRIED RICE Garden Vegetables Mixed Fruit Cup Wheat Bread (2) Margarine (2) Milk	22641 305 803236 @WHEAT04 863B @MILK	PEPPERONI PIZZA Fresh Fruit Grape Juice Oatmeal Cookie Milk	TM170361 @FRFRUIT 539 8220A @MILK
<b>26</b>		<b>27</b>		<b>28</b>		<b>29</b>		<b>30</b>	
SPAGHETTI WITH MEATSAUCE Garden Vegetables Frozen Juice Bar Garlic Bread Milk	135 305 598 7946 @MILK	BEEF HOT DOG WITH TRI TATORS Blended Fruit Juice Hot Dog Bun Mustard Ketchup (2) Honey Wheat Pretzels Milk	133 542 @HOT094 860A 868 8720 @MILK	CHICKEN TENDERS WITH POTATO WEDGES Chilled Peaches Wheat Bread (2) Margarine (2) BBQ Sauce Ketchup Milk	11013 803233 @WHEAT04 863B 808 868 @MILK	SALISBURY STEAK WITH GRAVY Mashed Potatoes Diced Pears Wheat Bread (2) Margarine (2) Milk	112 420 803234 @WHEAT04 863B @MILK	CHEESE PIZZA Fresh Fruit Apple Cranberry Juice Multi Grain Sun Chips Milk	TM170351 @FRFRUIT 552 8762 @MILK