



# JUNE 2013 LUNCH



Preferred Meal Systems, Inc.  
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## Royal Live Oaks Academy

L2 - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
<b>POPCORN CHICKEN</b> Potato Wedges Diced Pear Cup WG Shortbread Mini <b>ENTREE SALAD-CHICKEN</b> Romaine Lettuce Fresh Broccoli Whole Grain Breadstick	<b>BBQ CHICKEN</b> WW Hamburger Bun Corn Pineapple Cup <b>ENTREE SALAD-CHICKEN</b> Romaine Lettuce Cucumbers Whole Grain Breadstick	<b>HOT DOG W/ POTATO ROUNDS</b> Maple Baked Beans Fresh Banana WW Hot Dog Bun <b>ENTREE SALAD-CHICKEN</b> Romaine Lettuce Fresh Broccoli Whole Grain Breadstick	<b>CRISPY CHICKEN FILLET (WHOLE GRAIN)</b> Green Beans Fresh Baby Carrots WW Hamburger Bun Fresh Apple <b>ENTREE SALAD-CHICKEN</b> Romaine Lettuce Celery Sticks Whole Grain Breadstick	<b>WW CHEESE PIZZA</b> Romaine Lettuce Mixed Fruit Cup <b>ENTREE SALAD-CHICKEN</b> Romaine Lettuce Carrot Sticks Whole Grain Breadstick
<b>CHICKEN DIPPERS W/TOMATO PARMESAN SAUCE</b> Broccoli Mixed Fruit Cup <b>ENTREE SALAD-CHICKEN</b> Romaine Lettuce Fresh Broccoli Whole Grain Breadstick	<b>WG 4-CHEESE PANINI</b> French Fries Diced Pear Cup <b>ENTREE SALAD-CHICKEN</b> Romaine Lettuce Cucumbers Whole Grain Breadstick	<b>HAMBURGER W/POTATO ROUNDS</b> Maple Baked Beans Fresh Orange WW Hamburger Bun <b>ENTREE SALAD-CHICKEN</b> Romaine Lettuce Fresh Broccoli Whole Grain Breadstick	<b>WG MINI CORN DOGS &amp;WG CHICKEN FUN MIX</b> California Blend Veggies Fresh Apple <b>ENTREE SALAD-CHICKEN</b> Romaine Lettuce Celery Sticks Whole Grain Breadstick	<b>WG PIZZA DIPPERS</b> Marinara Dipping Sauce Fresh Baby Carrots Peach Cup <b>ENTREE SALAD-CHICKEN</b> Romaine Lettuce Carrot Sticks Whole Grain Breadstick
17	18	19	20	21
 <b>LIKE LUNCH! at Preferred Meal Systems, Inc.</b>			Download our news-letter <i>The Preferred Word</i> here: Or visit Kids Corner on our website!	 <a href="http://www.preferredmealsystems.com">www.preferredmealsystems.com</a>

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

\*\*\* MENU SUBJECT TO CHANGE.

### How much water do you drink?

How many glasses of water do you drink each day? Let us know at [info@preferredmealsystems.com](mailto:info@preferredmealsystems.com). Write "WATER" in the subject line. Be sure to include your name, grade, school and town. See results on Facebook at Preferred Meal Systems, Inc.

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