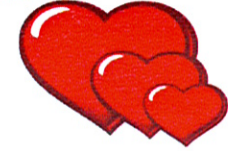




Community Academy Public Charter Schools Middle School Students February Lunch Menu 2012



Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		6	7	8
		13	14	15
		20	21	22
		27	28	29

Portion Control: Daily meals served are at least 1/4 cup per serving of fruit, vegetables, beans or peas and 1 serving of a 100% whole grain
Milk Variety: 8 fluid oz flavored low-fat (1%) and unflavored fat-free (skim) fluid milk is offered to each child everyday
Water: Water is available for each child in the area where food is consumed everyday
Local Distributor: Preferred Meal Systems Inc. - 7911 Braygreen Road; Laurel, MD 20707 (301) 497-6940
Dairy Distributor: Dairy Maid - 259 East 7th Street; Fredrick, MD 21701 / Produce: Costal Sunbelt Produce - 8704 Bollman Place; Savage, MD 20763
DoD State Program: Fresh Fruit & Vegetable Program (DoD) / Local Produce (L) - CAPCS Salad Bar

Preferred Meals Systems Catering
 *Menu is subject to change
 LN2/4-12 Traditional