






# December 2011

Jacksonville Lighthouse



Preferred Meal Systems, Inc.  
preferredmealsystems.com

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>CRISPIX</b> Strawberry Waffle Crackers Apple Cranberry Juice	<b>BLUEBERRY MUFFIN</b> Orange Juice
<b>FROSTED FLAKES (REDUCED SUGAR)</b> Apple Granola Square Blended Fruit Juice	<b>RICE KRISPIES</b> Brown Sugar Pop Tart Apple Cranberry Juice	<b>APPLE MUFFIN</b> Grape Juice	<b>MINI WHEATS LITTLE BITES (WHOLE GRAIN)</b> Plain Donut Orange Pineapple Juice	<b>CORN POPS</b> Cinnamon Raisin Bagel Apple Juice
<b>MINI WHEATS LITTLE BITES (WHOLE GRAIN)</b> Apple Granola Square Grape Juice	<b>CORN POPS</b> Glazed Donut Orange Pineapple Juice	<b>BANANA MUFFIN</b> Apple Juice	<b>FROOT LOOPS (LOW SUGAR)</b> Graham Crackers Blended Fruit Juice	<b>CRISPIX</b> Rockin' Raisin Muffin Apple Cranberry Juice
<b>Holiday</b>				
<b>Break</b>				
				

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

\*\*\*MENU SUBJECT TO CHANGE.



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