



November 2011



Jacksonville Lighthouse



Preferred Meal Systems, Inc.

preferredmealsystems.com

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
	1 RICE KRISPIES Strawberry Poptart Apple Cranberry Juice	2 BANANA MUFFIN Grape Juice	3 CRISPIX Plain Donut Orange Pineapple Juice	4 NO SCHOOL
7 MINI WHEATS LITTLE BITES (WHOLE GRAIN) Apple Granola Square Grape Juice	8 CORN POPS Glazed Donut Orange Pineapple Juice	9 APPLE MUFFIN Orange Juice	10 FROOT LOOPS (LOW SUGAR) Graham Crackers Blended Fruit Juice	11 NO SCHOOL
14 APPLE JACKS REDUCED SUGAR Cinnamon Breakfast Square Blended Fruit Juice	15 RAISIN BRAN (WHOLE GRAIN) Plain Donut Orange Juice	16 CRISPIX Blueberry Muffin Grape Juice	17 COCOA KRISPIES Superstix W/Strawberry Cream Cheese Apple Juice	18 BANANA MUFFIN Orange Pineapple Juice
21 FROOT LOOPS (LOW SUGAR) Apple Granola Square Orange Pineapple Juice	22 CORN POPS Strawberry Pop Tart (Frosted) Apple Juice	23 NO SCHOOL	24-25  Happy Thanksgiving	
28 COCOA KRISPIES Cinnamon Breakfast Square Orange Pineapple Juice	29 APPLE JACKS REDUCED SUGAR Banana Muffin Blended Fruit Juice	30 RAISIN BRAN (WHOLE GRAIN) Glazed Donut Grape Juice		

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

***MENU SUBJECT TO CHANGE.



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