



January 2012



Jacksonville Lighthouse



Preferred Meal Systems, Inc.

preferredmealsystems.com

BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
2 CORN POPS Cinnamon Breakfast Square Orange Pineapple Juice	3 APPLE JACKS REDUCED SUGAR Banana Muffin Blended Fruit Juice	4 BLUEBERRY MUFFIN Orange Juice	5 CRISPIX Strawberry Waffle Crackers Apple Cranberry Juice	6 RAISIN BRAN (WHOLE GRAIN) Glazed Donut Grape Juice
9 FROSTED FLAKES (LOW SUGAR) Whole Grain Apple Granola Square Blended Fruit Juice	10 RICE KRISPIES Brown Sugar Pop Tart (Frosted) Apple-Cranberry Juice	11 CORN POPS Cinnamon Raisin Bagel Apple Juice	12 MINI WHEATS LITTLE BITES Plain Donut Orange Pineapple Juice	13 APPLE MUFFIN Grape Juice
16  <i>I Have A Dream</i> <i>Martin Luther King, Jr. Day</i>	17 MINI WHEATS LITTLE BITES Apple Granola Square Grape Juice	18 BANANA MUFFIN Apple Juice	19 FROOT LOOPS (LOW SUGAR) Graham Crackers Blended Fruit Juice	20 CRISPIX Rockin' Raisin Muffin Apple-Cranberry Juice
23 COCOA KRISPIES Cinnamon Breakfast Square Blended Fruit Juice	24 APPLE JACKS REDUCED SUGAR Cinnamon Superstix Orange Juice	25 CORN POPS Blueberry Muffin Grape Juice	26 FROSTED FLAKES (LOW SUGAR) Whole Grain Plain Donut Apple Juice	27 BANANA MUFFIN Orange Pineapple Juice
30 FROOT LOOPS (LOW SUGAR) Apple Granola Square Orange Pineapple Juice	31 CORN POPS Strawberry Pop Tart (Frosted) Apple Juice			

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

***MENU SUBJECT TO CHANGE.



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