



# January 2012

Jacksonville Lighthouse



Preferred Meal Systems, Inc.  
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4-12 TRADITIONAL

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>MINI CORN DOGS W/POTATO FUN SHAPES</b></p> <p>Blue Raspberry Frozen Juice Bar PopCorners</p>	<p>3</p> <p><b>ROTINI PASTA BAKE</b></p> <p>Cut Green Beans Peach Cup Garlic Bread</p>	<p>4</p> <p><b>CRISPY CHICKEN FILLET (WHOLE GRAIN)</b></p> <p>Garden Vegetables Applesauce Cup Whole Wheat Hamburger Bun Corn Muffin</p>	<p>5</p> <p><b>TERIYAKI GLAZED CHICKEN W/BROWN RICE</b></p> <p>Pear Cup Blended Fruit Juice Soft Breadstick Cheddar Goldfish Crackers</p>	<p>6</p> <p><b>CHEESE PISA PIZZA</b></p> <p>Mixed Fruit Cup Grape Juice Vanilla Cookie</p>
<p>9</p> <p><b>FRENCH TOAST STICKS W/SAUSAGE</b></p> <p>Potato Rounds Blended Fruit Juice</p>	<p>10</p> <p><b>CHICKEN TENDERS (Whole Grain) W/POTATO WEDGES</b></p> <p>Mixed Fruit Cup Mini Pretzels</p>	<p>11</p> <p><b>CHARBROILED HAMBURGER</b></p> <p>Maple Baked Beans Fresh Banana Whole Wheat Hamburger Bun Fritos</p>	<p>12</p> <p><b>CHEESE PIZZA DIPPERS Marinara Dipping Sauce</b></p> <p>Fresh Baby Carrots Pineapple Cup Snickerdoodle Cookie</p>	<p>13</p> <p><b>SWEET &amp; SOUR BROWN RICE BOWL W/CHICKEN</b></p> <p>Fresh Apple Wally Wabbit's Carrot Muffin</p>
<p>16</p> <p><i>I Have A Dream</i>  <i>Martin Luther King, Jr. Day</i></p>	<p>17</p> <p><b>HOMESTYLE CHILI W/BEANS</b></p> <p>Buttered Corn Cherry Frozen Juice Bar Tortilla Rounds (Whole Grain)</p>	<p>18</p> <p><b>CHICKEN DIPPERS (whole grain) W/TOMATO PARMESAN SAUCE</b></p> <p>Funky Fruit Punch Applesauce (all natural) Soft Breadstick</p>	<p>19</p> <p><b>HOT DOG FRENCH FRIES</b></p> <p>Fresh Orange Whole Wheat Hot Dog Bun</p>	<p>20</p> <p><b>PEPPERONI PISA PIZZA (WHOLE WHEAT)</b></p> <p>Fresh Baby Carrots Pear Cup</p>
<p><b>New Item!</b></p> <p>23</p> <p><b>BAGEL DOG (WHOLE GRAIN)</b></p> <p>Potato Wedges Apple-Cranberry Juice Goldfish Crackers</p>	<p>24</p> <p><b>SPAGHETTI (WHOLE WHEAT) W/ MEAT SAUCE</b></p> <p>Green Garden Peas Mixed Fruit Cup Garlic Bread</p>	<p>25</p> <p><b>BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS</b></p> <p>Fresh Pear Wheat Bread Fritos</p>	<p>26</p> <p><b>CHEESE PIZZA DIPPERS Marinara Dipping Sauce</b></p> <p>Tossed Salad Peach Cup Oatmeal Cookie</p>	<p>27</p> <p><b>ITALIAN CHICKEN PARMESAN (WHOLE GRAIN)</b></p> <p>Garden Vegetables Fresh Banana Whole Wheat Hamburger Bun</p>
<p>30</p> <p><b>LOW FAT TOASTED CHEESE ON WHEAT BREAD</b></p> <p>Tomato Soup Grape Juice</p>	<p>31</p> <p><b>POPCORN CHICKEN W/POTATO FUN SHAPES</b></p> <p>Pineapple Cup Corn Muffin</p>			

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

\*\*\*MENU SUBJECT TO CHANGE.



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