



December 2011

Jacksonville Lighthouse



Preferred Meal Systems, Inc.

preferredmealsystems.com

4-12 TRADITIONAL

Monday	Tuesday	Wednesday	Thursday	Friday
			ITALIAN CHICKEN PARMESAN (WHOLE GRAIN) Glazed Carrots Fresh Banana Whole Wheat Hamburger Bun	WHOLE WHEAT CHEESE PIZZA Tossed Salad Peach Cup Mini Pretzels
BEAN & CHEESE BURRITO Buttered Corn Grape Juice Tortilla Rounds (Whole Grain)	POPCORN CHICKEN W/POTATO FUN SHAPES Mixed Fruit Cup Honey Wheat Pretzels	ROTINI PASTA BAKE Green Garden Peas Fresh Apple Soft Breadstick	CHEESE PIZZA DIPPERS Marinara Dipping Sauce Fresh Baby Carrots Pear Cup	CHARBROILED HAMBURGER Potato Wedges Fresh Orange Whole Wheat Hamburger Bun Goldfish Crackers
BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS Blended Fruit Juice Cheese on Cheese Crackers	HOMESTYLE CHILI W/BEANS Buttered Corn NEW! Wacky Watermelon Applerageous (all natural) Tortilla Rounds (Whole Grain)	HOT DOG FRENCH FRIES Fresh Banana Whole Wheat Hot Dog Bun Vanilla Cookie	CRISPY CHICKEN FILLET (WHOLE GRAIN) Garden Vegetables Fresh Pear Whole Wheat Hamburger Bun	- Feature - GRILLED CHICKEN MARINARA W/ WHOLE GRAIN PASTA FUN SHAPES Cut Green Beans Peach Cup Holiday Sparkle Cookie
<h1>Holiday</h1>				
<h1>Break</h1>				

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

***MENU SUBJECT TO CHANGE.



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