



## JACKSONVILLE LIGHTHOUSE CHARTER SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
July 31, 2017	August 1, 2017	August 2, 2017	August 3, 2017	August 4, 2017

August 7, 2017	August 8, 2017	August 9, 2017	August 10, 2017	August 11, 2017
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RICE KRISPIES  
Cherry Breakfast Bar  
Craisins  
Orange Juice  
Choice of Milk

APPLE JACKS  
REDUCED SUGAR  
Graham Crackers  
Fresh Nectarine  
Diced Pears  
Choice of Milk

August 14, 2017	August 15, 2017	August 16, 2017	August 17, 2017	August 18, 2017
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FROOT LOOPS  
REDUCED SUGAR  
Vanilla Waffle Square  
Craisins  
Grape Juice  
Choice of Milk

BEEF SAUSAGE  
ON A BISCUIT  
Diced Peaches  
Blended Fruit Juice  
Choice of Milk

FROSTED FLAKES  
(LOW SUGAR)  
Strawberry Pancake Square  
Fresh Nectarine  
Applesauce Cup  
Choice of Milk

MAPLE PANCAKES  
Fresh Banana  
Orange Juice  
Choice of Milk

COCOA PUFFS  
Animal Grahams  
Fresh Peach  
Diced Pears  
Choice of Milk

August 21, 2017	August 22, 2017	August 23, 2017	August 24, 2017	August 25, 2017
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CINNAMON TOAST CRUNCH  
Graham Crackers  
Craisins  
Blended Fruit Juice  
Choice of Milk

TURKEY HAM & CHEESE  
ON ENGLISH MUFFIN  
Pineapple Tidbits  
Orange Juice  
Choice of Milk

VANILLA YOGURT  
Peach Mini Loaf  
Fresh Banana  
Mixed Fruit Cup  
Choice of Milk

WAFFLES  
Fresh Orange  
Grape Juice  
Syrup  
Choice of Milk

MINI WHEATS  
LITTLE BITES  
French Toast Breakfast Bar  
Plum  
Cinnamon Applesauce  
Choice of Milk

August 28, 2017	August 29, 2017	August 30, 2017	August 31, 2017	September 1, 2017
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RICE KRISPIES  
Cherry Breakfast Bar  
Craisins  
Orange Juice  
Choice of Milk

STRAWBERRY PANCAKES  
Pineapple Tidbits  
Grape Juice  
Choice of Milk

MOZZARELLA STRING  
CHEESE  
Banana Muffin  
Fresh Peach  
Strawberry Applesauce  
Choice of Milk

CHICKEN BISCUIT  
Fresh Orange  
Blended Fruit Juice  
Honey  
Choice of Milk

\*\*\*\* ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK.

\*\*\* MENU SUBJECT TO CHANGE.

\*\*\* This institution is an equal opportunity provider.



# NEW SCHOOL YEAR, NEW MENU!!!

Receive the Preferred Word by e-mail each month! Sign up at [preferredmealsmenu.com](http://preferredmealsmenu.com)





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PEPPERONI PIZZA  
Whole Kernel Corn  
Cinnamon Applesauce  
Choice of Milk

\*BREAKFAST FOR LUNCH\*  
PANCAKES & SAUSAGE  
Tropical Veggie Juice  
Plum Syrup  
Choice of Milk

August 14, 2017	August 15, 2017	August 16, 2017	August 17, 2017	August 18, 2017
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MINI CORN DOGS & CHICKEN  
FUN MIX  
Country Blend Vegetables  
BBQ Sauce  
Ketchup  
Orange Sorbet 100% Juice  
Choice of Milk

CHARBROILED  
HAMBURGER  
Hamburger Bun  
Whole Kernel Corn  
Pineapple Tidbits  
Ketchup  
Choice of Milk

PIZZA DIPPERS  
Marinara Dipping Sauce  
Fresh Broccoli  
Light Ranch Dressing  
Diced Peaches  
Choice of Milk

CRISPY CHICKEN FILLET  
Hamburger Bun  
Golden Potato Rounds  
Ketchup  
Sliced Apples  
BBQ Sauce  
Choice of Milk

CHEESY TACO MEAT  
Tortilla Chips  
Refried Beans  
Salsa Cup  
Fresh Nectarine  
Choice of Milk

August 21, 2017	August 22, 2017	August 23, 2017	August 24, 2017	August 25, 2017
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CRISPY CHICKEN TENDERS  
(WHOLE GRAIN)  
French Fries  
Diced Peaches  
BBQ Sauce  
Ketchup  
Chocolate Chip Minis  
Choice of Milk

HOT DOG  
WITH POTATO ROUNDS  
Hot Dog Bun  
Maple Baked Beans  
Grape Juice  
Mustard  
Ketchup (2)  
Choice of Milk

\*MAKE YOUR OWN SALAD DAY\*  
POPCORN CHICKEN  
Romaine Lettuce  
Carrot Sticks  
Light Ranch Dressing  
Orange Sorbet 100% Juice  
Choice of Milk

CHEESE PIZZA  
Garden Vegetables  
Fresh Banana  
Choice of Milk

TURKEY BURGER  
Hamburger Bun  
Tropical Veggie Juice  
Fresh Peach  
Mustard  
Choice of Milk

August 28, 2017	August 29, 2017	August 30, 2017	August 31, 2017	September 1, 2017
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PEPPERONI PIZZA  
Whole Kernel Corn  
Cinnamon Applesauce  
Choice of Milk

TURKEY HAM & CHEESE  
PANINI  
Broccoli  
Fresh Baby Carrots  
Light Ranch Dressing  
Mixed Fruit Cup  
Mustard  
Choice of Milk

CHICKEN NUGGETS  
WITH POTATO ROUNDS  
Maple Baked Beans  
Fresh Banana  
BBQ Sauce  
Ketchup  
Choice of Milk

CHEESEBURGER  
Hamburger Bun  
Mixed Vegetables  
Ketchup  
Mustard  
Grape Juice  
Choice of Milk

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new start to the 2017-2018 school year  
feature menu days!

9/7 Around the World Day  
9/12 Breakfast for Lunch  
9/15 Fresh Feature Friday