



# September 2012

Jacksonville Lighthouse

BRKFST K-12



Preferred Meal Systems, Inc.  
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Monday	Tuesday	Wednesday	Thursday	Friday
3 <b>NO SCHOOL</b>	4 <b>COCOA KRISPIES</b> Strawberry Waffle Crackers Orange Juice	5 <b>APPLE JACKS REDUCED SUGAR</b> Cinnamon Superstix Grape Juice	6 <b>MINI WHEATS LITTLE BITES</b> Plain Donut Blended Fruit Juice	7 <b>BANANA MUFFIN</b> Grape Juice
10 <b>FROSTED FLAKES (LOW SUGAR/WHOLE GRAIN)</b> Graham Animal Crackers Apple Juice	11 <b>RAISIN BRAN (WHOLE GRAIN)</b> Plain Bagel Orange Juice	12 <b>BLUEBERRY MUFFIN</b> Blended Fruit Juice	13 <b>CORN POPS</b> Cinnamon Breakfast Square Grape Juice	14 <b>RICE KRISPIES</b> Lemon Muffin Orange Juice
17 <b>CRISPIX</b> Apple Breakfast Square Blended Fruit Juice	18 <b>APPLE JACKS REDUCED SUGAR</b> Glazed Donut Grape Juice	19 <b>FROSTED MINI WHEATS (WHOLE GRAIN)</b> Cherry Muffin Apple-Cranberry Juice	20 <b>CORN FLAKES</b> Apple Waffle Crackers Orange Juice	21 <b>RAISIN BRAN (WHOLE GRAIN)</b> Chocolate Chip Muffin Blended Fruit Juice
24 <b>FROOT LOOPS (LOW SUGAR)</b> Cinnamon Breakfast Square Orange Juice	25 <b>CORN POPS</b> Lemon Muffin Apple Juice	26 <b>COCOA KRISPIES</b> Superstix W/Strawberry Cream Cheese Grape Juice	27 <b>CRISPIX</b> Brown Sugar Pop Tart Blended Fruit Juice	28 <b>BLUEBERRY MUFFIN</b> Grape Juice

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

\*\*\*MENU SUBJECT TO CHANGE.



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