



September 2012

Jacksonville Lighthouse

Lunch K-8



Preferred Meal Systems, Inc.
preferredmealsystems.com

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>NO SCHOOL</p>	<p>4</p> <p>POPCORN CHICKEN</p> <p>French/Sweet Potato Fries Funky Fruit Punch Applesauce (all natural)</p>	<p>5</p> <p>CRISPY CHICKEN FILLET (WHOLE GRAIN)</p> <p>Maple Baked Beans Fresh Baby Carrots Fresh Pear Whole Wheat Bun</p>	<p>6</p> <p>WG PIZZA DIPPERS</p> <p>Marinara Dipping Sauce Romaine Lettuce Peach Cup</p>	<p>7</p> <p>SALISBURY STEAK W/GRAVY MASHED POTATOES WHOLE KERNEL CORN Fresh Orange Whole Wheat Bun</p>
<p>10</p> <p>WW ROTINI BAKE WITH MEATSAUCE</p> <p>Peas Mixed Fruit Cup</p>	<p>11</p> <p>WHOLE WHEAT CHEESE PIZZA</p> <p>Fresh Baby Carrots (2) Peach Cup</p>	<p>12</p> <p>CHEESY CHICKEN, POTATO BROCCOLI BAKE</p> <p>Fresh Orange Whole Grain Breadstick</p>	<p>13</p> <p>ITALIAN CHICKEN PARMESAN (WHOLE GRAIN)</p> <p>Romaine Lettuce Diced Pear Cup Whole Wheat Bun</p>	<p>14</p> <p>HAMBURGER W/POTATO ROUNDS</p> <p>Maple Baked Beans Fresh Apple Whole Wheat Bun</p>
<p>17</p> <p>TACO MEAT</p> <p>Refried Beans Applesauce Cup WG Tortilla Rounds</p>	<p>18</p> <p>WG CHICKEN DIPPERS WITH TOMATO PARMESAN SAUCE</p> <p>Collard Greens Mixed Fruit Cup Whole Grain Breadstick</p>	<p>19</p> <p>SPANISH CHICKEN AND VEGETABLES W/BROWN RICE</p> <p>Fresh Banana</p>	<p>20</p> <p>WG PIZZA DIPPERS</p> <p>Marinara Dipping Sauce Romaine Lettuce Pineapple Cup</p>	<p>21</p> <p>HOT DOG</p> <p>Tri Tators Fresh Pear Whole Wheat Bun</p>
<p>24</p> <p>WG 3 CHEESE PANINI</p> <p>French/Sweet Potato Fries Funky Fruit Punch Applesauce (all natural)</p>	<p>25</p> <p>WHOLE WHEAT CHEESE PIZZA</p> <p>Broccoli Pineapple Cup</p>	<p>26</p> <p>CHARBROILED HAMBURGER</p> <p>Maple Baked Beans Fresh Baby Carrots Fresh Pear Whole Wheat Bun</p>	<p>27</p> <p>BEEF BURRITO</p> <p>Salsa Cup Romaine Lettuce Peach Cup</p>	<p>28</p> <p>CHICKEN & WG PASTA SHAPES W/MARINARA & VEGETABLES Fresh Orange</p>

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

***MENU SUBJECT TO CHANGE.



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