



## Jacksonville Lighthouse

BRC - BRKFST K-12

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>NO SCHOOL</b>	3 <b>CINNAMON TOASTERS</b> Apple Waffle Crackers Orange Juice	4 <b>Mozzarella String Cheese</b> Blueberry Muffin Blended Fruit Juice	5 <b>FROOT LOOPS REDUCED SUGAR</b> Cinnamon Superstix Grape Juice	6 <b>RAISIN BRAN</b> Spiced Grahams Orange Juice
9 <b>OAT BLENDERS</b> Apple Breakfast Square Blended Fruit Juice	10 <b>TOASTY O'S</b> Mini Wafer Grape Juice	11 <b>FROOT LOOPS REDUCED SUGAR</b> Spiced Grahams Orange Juice	12 <b>RAISIN BRAN</b> Bagel Apple Juice	13 <b>STRING CHEESE</b> Banana Muffin Blended Fruit Juice
16 <b>OAT BLENDERS</b> Donut Apple-Cranberry Juice	17 <b>CINNAMON TOASTERS</b> Brown Sugar Pop Tart (Frosted) Orange Juice	18 <b>Mozzarella String Cheese</b> Apple Muffin Grape Juice	19 <b>FROSTED FLAKES (LOW SUGAR)</b> Cinnamon Superstix Apple Juice	20 <b>APPLE JACKS REDUCED SUGAR</b> Strawberry Waffle Crackers Blended Fruit Juice
23 <b>TOASTY O'S</b> Mini Wafer Grape Juice	24 <b>RICE KRISPIES</b> Bagel Apple Juice	25 <b>RAISIN BRAN</b> Cinnamon Breakfast Square Orange Juice	26 <b>OAT BLENDERS</b> Strawberry Pop Tart (Unfrosted) Blended Fruit Juice	27 <b>STRING CHEESE</b> Blueberry Muffin Apple-Cranberry Juice
30 <b>FROOT LOOPS REDUCED SUGAR</b> Cinnamon Breakfast Square Blended Fruit Juice				

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

\*\*\* MENU SUBJECT TO CHANGE.

### Crazy for Corn?



Corn is one of the most popular vegetables on school lunch menus and no wonder- it's delicious! Corn can be eaten right off the cob, or taken off the cob cooked and heated. You find it in a salad or salsa, or even popped to enjoy at the movies! But where does corn come from? Corn was believed to have originated in Mexico thousands of years ago from a type of grass. Today corn is the number one field crop in the U.S. and is grown on many farms in the Midwest.

**Did you know?** Each corn stalk produces an ear of corn that averages about 16 rows and 800 kernels. Corn is planted in the spring and takes about 90-120 days to reach maturity. It is said that corn stalks are "Knee-high by the 4th of July".

### NEW!

View your menu and nutritional info online! Sign in to save your school's page.



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## WHAT'S YOUR FAVORITE SCHOOL LUNCH ITEM?

Let us know at [info@preferredmealsystems.com](mailto:info@preferredmealsystems.com). Write "FAVORITE ITEM" in the subject line. Be sure to include your name, grade, school and town. See results on Facebook at Preferred Meal Systems, Inc.

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