



October 2012 Breakfast



Preferred Meal Systems, Inc.
preferredmealsystems.com

Jacksonville Lighthouse

BRC - BRKFST

Monday	Tuesday	Wednesday	Thursday	Friday
1 CORN FLAKES Graham Wildlife Crackers Apple Juice	2 RICE KRISPIES Plain Donut Orange Juice	3 BANANA MUFFIN Blended Fruit Juice	4 APPLE JACKS REDUCED SUGAR Plain Bagel Grape Juice	5 MINI WHEATS LITTLE BITES Carrot Muffin Orange Juice
8 NO SCHOOL	9 RAISIN BRAN (WHOLE GRAIN) Apple Breakfast Square Blended Fruit Juice	10 CRISPIX Chocolate Chip Pumpkin Muffin Apple-Cranberry Juice	11 CORN FLAKES Cinnamon Sky Minis Orange Juice	12 FROSTED FLAKES (LOW SUGAR/WHOLE GRAIN) Corn Muffin Blended Fruit Juice
15 COCOA KRISPIES Strawberry Waffle Crackers Orange Juice	16 CORN FLAKES Carrot Muffin Apple-Cranberry Juice	17 APPLE JACKS REDUCED SUGAR Cinnamon Superstix Grape Juice	18 MINI WHEATS LITTLE BITES Plain Donut Blended Fruit Juice	19 BANANA MUFFIN Grape Juice
22 FROSTED FLAKES (LOW SUGAR/WHOLE GRAIN) Graham Animal Crackers Apple Juice	23 RAISIN BRAN (WHOLE GRAIN) Plain Bagel Orange Juice	24 BLUEBERRY MUFFIN Blended Fruit Juice	25 CORN POPS Cinnamon Breakfast Square Grape Juice	26 RICE KRISPIES Lemon Muffin Orange Juice
29 CRISPIX Apple Breakfast Square Blended Fruit Juice	30 APPLE JACKS REDUCED SUGAR Glazed Donut Grape Juice	31 FROSTED MINI WHEATS (WHOLE GRAIN) Cherry Muffin Apple-Cranberry Juice	We Support 	

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

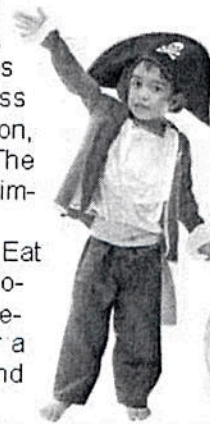
*** MENU SUBJECT TO CHANGE.



Food Day is a nationwide celebration and a movement toward more healthy, affordable, and sustainable food. It takes place annually on October 24 to address issues as varied as health and nutrition,

hunger, agricultural policy, animal welfare, and farm worker justice. The ultimate goal is to strengthen and unify the food movement in order to improve our nation's food policies.

Food Day aims to transform the American diet. It's time for America to Eat Real! All Americans—regardless of their age or race or income or geographic location— should be able to select healthy diets and avoid obesity, heart disease, and other diet related conditions. Join this push for a stronger, more united food movement by signing up to organize or attend Food Day events in your community.



Download our newsletter *The Preferred Word* here:
Or visit Kids Corner on our website!
www.preferredmealsystems.com



Tell us what you think!

What are you going to do to celebrate Food Day? Write us at info@preferredmealsystems.com Please write "Food Day" in subject line. Be sure to include your name, grade, school and town.

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