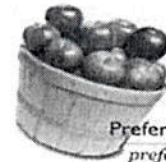






# October 2012 Lunch



Preferred Meal Systems, Inc.  
preferredmealsystems.com

Jacksonville Lighthouse

LN - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> WG MINI CORN DOGS & WG CHICKEN FUN MIX WITH POTATOES Peas Mixed Fruit Cup Milk	<b>2</b> QUESADILLA Salsa Cup Fresh Baby Carrots (2) Peach Cup Milk	<b>3</b> MEATBALLS & WG PASTA IN CREAMY TOMATO SAUCE AND BROCCOLI Fresh Orange Milk	<b>4</b> WG PIZZA DIPPERS Marinara Dipping Sauce Romaine Lettuce Fat Free French Dressing Diced Pear Cup Milk	<b>5</b> SLOPPY JOE Maple Baked Beans Fresh Apple Whole Wheat Bun Milk
<b>8</b> <b>NO SCHOOL</b>	<b>9</b> WHOLE WHEAT PEPPERONI PIZZA Three Bean Salad 100% Frozen Juice Cup Milk	<b>10</b> WG MACARONI & CHEESE WITH ITALIAN GREEN BEANS Applesauce Cup Milk	<b>11</b> WG CHICKEN TENDERS WITH POTATO WEDGES Romaine Lettuce Pineapple Cup Milk	<b>12</b> HOT DOG Tri Tators Fresh Pear Whole Wheat Hot Dog Bun Milk
<b>15</b> WW ROTINI BAKE WITH MEATSAUCE Peas Mixed Fruit Cup Milk	<b>16</b> WHOLE WHEAT CHEESE PIZZA Fresh Baby Carrots (2) Peach Cup Milk	<b>17</b> CHEESY CHICKEN, POTATO BROCCOLI BAKE Fresh Orange Whole Grain Breadstick Milk	<b>18</b> ITALIAN CHICKEN PARMESAN (WHOLE GRAIN) Romaine Lettuce Fat Free French Dressing Diced Pear Cup Whole Wheat Bun Milk	<b>19</b> HAMBURGER W/POTATO ROUNDS Maple Baked Beans Fresh Apple Whole Wheat Bun Milk
<b>22</b> POPCORN CHICKEN California Blend Veggies Funky Fruit Punch Applesauce (all natural) Milk	<b>23</b> WG SPAGHETTI & MEATBALLS Three Bean Salad Pineapple Cup Milk	<b>24</b> CHICKEN WINGS Corn Muffin Celery Sticks (2) Fresh Apple Milk	<b>25</b> WG PIZZA DIPPERS Marinara Dipping Sauce Romaine Lettuce Peach Cup Milk	<b>26</b> SALISBURY STEAK W/GRAVY MASHED POTATOES WHOLE KERNEL CORN Fresh Orange Whole Wheat Bun Milk
<b>29</b> TACO MEAT Refried Beans Applesauce Cup WG Tortilla Rounds Milk	<b>30</b> WG CHICKEN DIPPERS WITH TOMATO PARMESAN SAUCE Collard Greens Mixed Fruit Cup Whole Grain Breadstick Milk	<b>31</b> SPANISH CHICKEN AND VEGETABLES W/BROWN RICE Fresh Banana Milk	Download our news- letter <i>The Preferred            Word</i> here:  Or visit Kids Corner on our website!  <a href="http://www.preferredmealsystems.com">www.preferredmealsystems.com</a>	

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

## Tell us what you think!

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

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