



JACKSONVILLE LIGHTHOUSE CHARTER SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
January 2, 2017 NO SCHOOL	January 3, 2017 FROOT LOOPS REDUCED SUGAR Strawberry Pancake Square Craisins Grape Juice Choice of Milk	January 4, 2017 MOZZARELLA CHEESE STICK Blueberry Muffin Diced Peaches Orange Juice Choice of Milk	January 5, 2017 CHICKEN BISCUIT Applesauce Cup Blended Fruit Juice Ketchup Choice of Milk	January 6, 2017 GOLDEN GRAHAM CEREAL Cinnamon Sky Minis Mixed Fruit Cup Apple-Cranberry Juice Choice of Milk
January 9, 2017 CINNAMON TOAST CRUNCH Chocolate Chip Minis Craisins Blended Fruit Juice Choice of Milk	January 10, 2017 BREAKFAST BURRITO Mixed Fruit Cup Grape Juice Taco Sauce Choice of Milk	January 11, 2017 COCOA PUFFS Maple Breakfast Square Fresh Apple Choice of Milk	January 12, 2017 MAPLE PANCAKES Fresh Pear Orange Juice Choice of Milk	January 13, 2017 *NEW ITEM* VANILLA YOGURT Peach Mini Loaf Fresh Apple Choice of Milk
January 16, 2017 MARTIN LUTHER KING JR.	January 17, 2017 APPLE JACKS REDUCED SUGAR Cherry Breakfast Bar Craisins Orange Juice Choice of Milk	January 18, 2017 *NEW ITEM* MOZZARELLA CHEESE STICK Lemon Mini Loaf Fresh Apple Choice of Milk	January 19, 2017 *NEW ITEM* BEEF SAUSAGE SLIDER Fresh Orange Blended Fruit Juice Ketchup Choice of Milk	January 20, 2017 MINI WHEATS LITTLE BITES Vanilla Waffle Square Fresh Apple Choice of Milk
January 23, 2017 *Make Your Own Parfait* STRAWBERRY YOGURT Granola Craisins Grape Juice Choice of Milk	January 24, 2017 MAPLE BROWN SUGAR OATMEAL Diced Peaches Blended Fruit Juice Choice of Milk	January 25, 2017 FROSTED FLAKES (LOW SUGAR) French Toast Breakfast Bar Fresh Apple Choice of Milk	January 26, 2017 PANCAKES Fresh Banana Orange Juice Syrup Choice of Milk	January 27, 2017 RICE KRISPIES Mini Wafer Fresh Apple Choice of Milk
January 30, 2017 FROOT LOOPS REDUCED SUGAR Strawberry Pancake Square Craisins Grape Juice Choice of Milk	January 31, 2017 WAFFLES Diced Pears Orange Juice Syrup Choice of Milk	February 1, 2017	February 2, 2017	February 3, 2017

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

*** MENU SUBJECT TO CHANGE.

*** This Institution is an equal opportunity provider.

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$10 \int (f(x, y, z)) dx dy dz$
 $\int_0^1 \int_0^1 \int_0^1 f(x, y, z) dx dy dz$
 $\frac{d}{dx} \int_0^x f(t) dt = f(x)$
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 $\int_0^1 \int_0^1 \int_0^1 f(x, y, z) dx dy dz = \int_0^1 \int_0^1 \int_0^1 f(z, y, x) dz dy dx$

Monday	Tuesday	Wednesday	Thursday	Friday
January 2, 2017	January 3, 2017	January 4, 2017	January 5, 2017	January 6, 2017
NO SCHOOL	CHICKEN TENDERS WITH POTATO WEDGES Maple Baked Beans Orange Sorbet 100% Juice BBQ Sauce Ketchup Choice of Milk	BBQ CHICKEN Hamburger Bun Green Beans Applesauce Cup Choice of Milk	MACARONI & CHEESE Mixed Vegetables Diced Peaches Choice of Milk	CHEESEBURGER Hamburger Bun Whole Kernel Corn Pickle Chips Blended Fruit Juice Ketchup Mustard Choice of Milk
January 9, 2017	January 10, 2017	January 11, 2017	January 12, 2017	January 13, 2017
POPCORN CHICKEN Maple Baked Beans SunSet Sip Juice Diced Peaches BBQ Sauce Choice of Milk	TOASTY TUESDAY** TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD Tomato Soup Pickle Chips Apple Juice Choice of Milk	TACO SCOOPS Whole Kernel Corn Salsa Cup Fresh Orange Tortilla Chips Choice of Milk	HOT DOG W/ POTATO ROUNDS Hot Dog Bun Diced Carrots Mixed Fruit Cup Mustard Ketchup (2) Choice of Milk	PEPPERONI PIZZA WRAP Fresh Broccoli Light Ranch Dressing Fresh Pear Choice of Milk
January 16, 2017	January 17, 2017	January 18, 2017	January 19, 2017	January 20, 2017
MARTIN LUTHER KING JR.	PIZZA DIPPERS Marinara Dipping Sauce Garden Vegetables Grape Juice Choice of Milk	*SPECIAL MEAL* CHICKEN DRUMSTICK W/POTATO ROUNDS Green Beans Diced Pears BBQ Sauce Ketchup Raspberry Cookies Choice of Milk	BAGEL DOG Whole Kernel Corn Sliced Apples Mustard Ketchup Choice of Milk	CHEESE PIZZA Romaine Lettuce Light Ranch Dressing Diced Peaches Choice of Milk
January 23, 2017	January 24, 2017	January 25, 2017	January 26, 2017	January 27, 2017
CHICKEN NUGGETS WITH POTATO ROUNDS Peas & Carrots Orange Juice BBQ Sauce Ketchup Choice of Milk	WAGON WHEEL PASTA W/MEATSAUCE Italian Mixed Vegetables Applesauce Cup Choice of Milk	PEPPERONI PIZZA Romaine Lettuce Light Ranch Dressing Fresh Banana Choice of Milk	BBQ CHICKEN WRAP Maple Baked Beans Celery Sticks Light Ranch Dressing Diced Pears Choice of Milk	CHILI French Fries Fresh Orange Corn Muffin Ketchup Choice of Milk
January 30, 2017	January 31, 2017	February 1, 2017	February 2, 2017	February 3, 2017
MEATLESS MONDAY** CHEESE PIZZA Green Beans Mixed Fruit Cup Choice of Milk	*TRY IT TUESDAY! CHICKEN TENDERS WITH POTATO WEDGES Broccoli W/Cheese Sauce Blended Fruit Juice BBQ Sauce Ketchup Choice of Milk			

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