



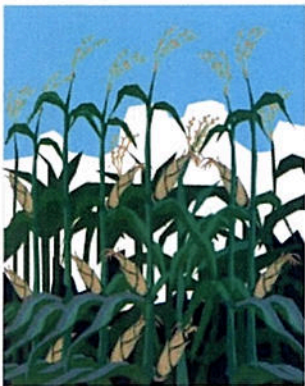
Jacksonville Lighthouse

BRC - BRKFST K-12

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
12	13 TOASTY O'S Mini Wafer Grape Juice	14 RAISIN BRAN Cinnamon Breakfast Square Orange Juice	15 OAT BLENDERS Strawberry Pop Tart (Unfrosted) Blended Fruit Juice	16 STRING CHEESE Blueberry Muffin Apple-Cranberry Juice
19 FROOT LOOPS REDUCED SUGAR Cinnamon Breakfast Square Blended Fruit Juice	20 RICE KRISPIES Donut Orange Juice	21 Mozzarella String Cheese Banana Muffin Apple-Cranberry Juice	22 FRUITY CHEERIOS Superstix W/Strawberry Cream Cheese Grape Juice	23 MINI WHEATS LITTLE BITES Mini Wafer Apple-Cranberry Juice
26 FROSTED FLAKES (LOW SUGAR) Apple Breakfast Square Orange Juice	27 OAT BLENDERS Bagel Apple-Cranberry Juice	28 APPLE JACKS REDUCED SUGAR Donut Grape Juice	29 RAISIN BRAN Mini Wafer Apple Juice	30 STRING CHEESE Apple Muffin 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".

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What's YOUR favorite School Lunch Item?

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