



DECEMBER 2012 Breakfast



Preferred Meal Systems, Inc.
preferredmealsystems.com

Jacksonville Lighthouse

BRC - BRKFST K-12

Monday	Tuesday	Wednesday	Thursday	Friday
3 FROSTED FLAKES (LOW SUGAR/WHOLE GRAIN) Graham Animal Crackers Apple Juice	4 RAISIN BRAN (WHOLE GRAIN) Plain Bagel Orange Juice	5 BLUEBERRY MUFFIN Blended Fruit Juice	6 CORN POPS Cinnamon Breakfast Square Grape Juice	7 RICE KRISPIES Lemon Muffin Orange Juice
10 CRISPIX Apple Breakfast Square Blended Fruit Juice	11 APPLE JACKS REDUCED SUGAR Glazed Donut Grape Juice	12 FROSTED MINI WHEATS (WHOLE GRAIN) Cherry Muffin Apple-Cranberry Juice	13 CORN FLAKES Apple Waffle Crackers Orange Juice	14 RAISIN BRAN (WHOLE GRAIN) Chocolate Chip Muffin Blended Fruit Juice
17 FROOT LOOPS (LOW SUGAR) Cinnamon Breakfast Square Orange Juice	18 CORN POPS Lemon Muffin Apple Juice	19 COCOA KRISPIES Superstix W/Strawberry Cream Cheese Grape Juice	20 NO SCHOOL	21 NO SCHOOL
24	25	26	27	28
HOLIDAY BREAK				
31 NO SCHOOL				

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

*** MENU SUBJECT TO CHANGE.



This month, focus on putting FRUIT on your plate! Fruit is a natural, sweet treat that not only tastes great but is good for you!

Did you know that eating fruit can actually help improve your memory? Fruit contains natural sugars that help stimulate the brain so we can think faster and recall information more quickly. It also contains fiber and many vitamins and minerals that your body needs. And like your body, fruit is more than half water, which you need to keep all parts of your body functioning properly.

Fruit comes in several forms- Fresh, Frozen, Dried and as a Juice. You can eat it whole or cut-up, drink it as a juice or even bake it in a pie! For great health, try to eat at least 3 different color servings of fruits each day.



Download our newsletter
The Preferred Word here:
Or visit Kids Corner
on our website!



www.preferredmealsystems.com

Tell us what you think!

What's your favorite fruit? Write us at info@preferredmealsystems.com
Write "Fruit" in the subject line. Be sure to include your name, grade, school and town.
See results at www.preferredmealsystems.com

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free 866/632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through Federal Relay service at 800/877-8339; or 800/845-6136 (Spanish). USDA is an equal opportunity provider and employer.