





DECEMBER 2012 Lunch



Preferred Meal Systems, Inc.
preferredmealsystems.com

Jacksonville Lighthouse

LN - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
3 WW ROTINI BAKE WITH MEATSAUCE Green Beans Mixed Fruit Cup	4 WW PEPPERONI PIZZA California Blend Veggies Peach Cup	5 CHEESY CHICKEN, POTATO BROCCOLI BAKE Fresh Orange Whole Grain Breadstick	6 ITALIAN CHICKEN PARMESAN (WHOLE GRAIN) Romaine Lettuce Diced Pear Cup Whole Wheat Bun	7 TURKEY BURGER WITH POTATO WEDGES Maple Baked Beans Fresh Apple Whole Wheat Bun
10 TACO MEAT Refried Beans Applesauce Cup WG Tortilla Rounds	11 WG CHICKEN DIPPERS W/TOMATO PARMESAN SAUCE Broccoli Mixed Fruit Cup Whole Grain Breadstick	12 SPANISH CHICKEN AND VEGETABLES W/BROWN RICE Fresh Banana	13 WG PIZZA DIPPERS Marinara Dipping Sauce Romaine Lettuce Fresh Pear	14 CHEESEBURGER Potato Rounds Fresh Baby Carrots Peach Cup WW Hamburger Bun
17 WW CHEESE PIZZA Whole Kernel Corn Pineapple Cup	18 POPCORN CHICKEN Maple Baked Beans Cauliflower Peach Cup	19 WG MINI RAVIOLI W/CREAM SAUCE California Blend Veggies Fresh Pear Whole Grain Breadstick	20 NO SCHOOL	21 NO SCHOOL
24	25	26	27	28
<h1>HOLIDAY BREAK</h1>				
31 NO SCHOOL		Download our news-letter <i>The Preferred Word</i> here:  Or visit Kids Corner on our website!	 www.preferredmealsystems.com	

**** 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'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

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