






FEBRUARY 2013 LUNCH



Jacksonville Lighthouse

LN - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Download our news- letter <i>The Preferred Word</i> here: </p> <p>Or visit Kids Corner on our website!</p>  <p>www.preferredmealsystems.com</p>				<p>CHEESY CHICKEN, POTATO BROCCOLI BAKE Whole Grain Breadstick Fresh Orange</p>
<p>TURKEY HAM & CHEESE WG PANINI French Fries Mixed Fruit Cup</p>	<p>WG SAUSAGE PIZZA Diced Carrots Diced Pear Cup</p>	<p>CHEESE RAVIOLI WITH GREEN BEANS Cinnamon Apple Slices</p>	<p>RIB-B-QUE W/ POTATO WEDGES Maple Baked Beans WW Hamburger Bun Fresh Banana</p>	<p>PARMESAN POPCORN CHICKEN & WW PASTA Romaine Lettuce Fresh Orange</p>
<p>TACO MEAT WG Tortilla Rounds Refried Beans Applesauce Cup</p>	<p>WG CHICKEN DIPPERS W/TOMATO PARMESAN SAUCE Whole Kernel Corn Mixed Fruit Cup Fritos</p>	<p>MACARONI & CHEESE (WHOLE WHEAT) Green Beans Fresh Baby Carrots Fresh Pear</p>	<p>HOT DOG WW Hot Dog Bun Potato Wedges Fresh Apple</p>	<p>WG PIZZA DIPPERS Marinara Dipping Sauce Romaine Lettuce Pineapple Cup</p>
<p>NO SCHOOL</p>	<p>BAKED CHICKEN NUGGETS (WHOLE GRAIN) Potato Rounds Peach Cup</p>	<p>MEATBALLS W/ TOMATO SAUCE WW Hot Dog Bun Maple Baked Beans Fresh Baby Carrots Fresh Pear Shortbread</p>	<p>SALISBURY STEAK W/GRAVY MASHED POTATOES WHOLE KERNEL CORN Whole Wheat Bread Fresh Orange</p>	<p>WW CHEESE PIZZA Romaine Lettuce Applesauce Cup</p>
<p>WG MINI CORN DOGS &WG CHICKEN FUN MIX French Fries Mixed Fruit Cup</p>	<p>BBQ CHICKEN WW Hamburger Bun Diced Carrots Diced Pear Cup</p>	<p>CHICKEN & WG PASTA SHAPES W/MARINARA & VEGETABLES Cinnamon Applesauce</p>	<p>TURKEY BURGER WITH POTATO WEDGES Maple Baked Beans WW Hamburger Bun Fresh Orange</p>	 <p>LIKE LUNCH! at Preferred Meal Systems, Inc.</p>

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

*** MENU SUBJECT TO CHANGE.

Got Milk?

Send your Milk Mustache photo to info@preferredmealsystems.com and we'll post it on Facebook! Write "Milk" in the subject line. Be sure to include your name, grade, school and town. See results on Facebook at PreferredMealSystems.com.

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