



# January 2012



Jacksonville Lighthouse



Preferred Meal Systems, Inc.

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BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><b>CORN POPS</b></p> <p>Cinnamon Breakfast Square Orange Pineapple Juice</p>	<p>3</p> <p><b>APPLE JACKS REDUCED SUGAR</b></p> <p>Banana Muffin Blended Fruit Juice</p>	<p>4</p> <p><b>BLUEBERRY MUFFIN</b></p> <p>Orange Juice</p>	<p>5</p> <p><b>CRISPIX</b></p> <p>Strawberry Waffle Crackers Apple Cranberry Juice</p>	<p>6</p> <p><b>RAISIN BRAN (WHOLE GRAIN)</b></p> <p>Glazed Donut Grape Juice</p>
<p>9</p> <p><b>FROSTED FLAKES (LOW SUGAR) Whole Grain</b></p> <p>Apple Granola Square Blended Fruit Juice</p>	<p>10</p> <p><b>RICE KRISPIES</b></p> <p>Brown Sugar Pop Tart (Frosted) Apple-Cranberry Juice</p>	<p>11</p> <p><b>CORN POPS</b></p> <p>Cinnamon Raisin Bagel Apple Juice</p>	<p>12</p> <p><b>MINI WHEATS LITTLE BITES</b></p> <p>Plain Donut Orange Pineapple Juice</p>	<p>13</p> <p><b>APPLE MUFFIN</b></p> <p>Grape Juice</p>
<p>16</p> <p><i>I Have A Dream</i></p>  <p><i>Martin Luther King, Jr. Day</i></p>	<p>17</p> <p><b>MINI WHEATS LITTLE BITES</b></p> <p>Apple Granola Square Grape Juice</p>	<p>18</p> <p><b>BANANA MUFFIN</b></p> <p>Apple Juice</p>	<p>19</p> <p><b>FROOT LOOPS (LOW SUGAR)</b></p> <p>Graham Crackers Blended Fruit Juice</p>	<p>20</p> <p><b>CRISPIX</b></p> <p>Rockin' Raisin Muffin Apple-Cranberry Juice</p>
<p>23</p> <p><b>COCOA KRISPIES</b></p> <p>Cinnamon Breakfast Square Blended Fruit Juice</p>	<p>24</p> <p><b>APPLE JACKS REDUCED SUGAR</b></p> <p>Cinnamon Superstix Orange Juice</p>	<p>25</p> <p><b>CORN POPS</b></p> <p>Blueberry Muffin Grape Juice</p>	<p>26</p> <p><b>FROSTED FLAKES (LOW SUGAR) Whole Grain</b></p> <p>Plain Donut Apple Juice</p>	<p>27</p> <p><b>BANANA MUFFIN</b></p> <p>Orange Pineapple Juice</p>
<p>30</p> <p><b>FROOT LOOPS (LOW SUGAR)</b></p> <p>Apple Granola Square Orange Pineapple Juice</p>	<p>31</p> <p><b>CORN POPS</b></p> <p>Strawberry Pop Tart (Frosted) Apple Juice</p>			

\*\*\*ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF MILK.

\*\*\*MENU SUBJECT TO CHANGE.



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