



January 2012

Jacksonville Lighthouse



Preferred Meal Systems, Inc.
preferredmealsystems.com

4-12 TRADITIONAL

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>MINI CORN DOGS W/POTATO FUN SHAPES</p> <p>Blue Raspberry Frozen Juice Bar PopCorners</p>	<p>3</p> <p>ROTINI PASTA BAKE</p> <p>Cut Green Beans Peach Cup Garlic Bread</p>	<p>4</p> <p>CRISPY CHICKEN FILLET (WHOLE GRAIN)</p> <p>Garden Vegetables Applesauce Cup Whole Wheat Hamburger Bun Corn Muffin</p>	<p>5</p> <p>TERIYAKI GLAZED CHICKEN W/BROWN RICE</p> <p>Pear Cup Blended Fruit Juice Soft Breadstick Cheddar Goldfish Crackers</p>	<p>6</p> <p>CHEESE PISA PIZZA</p> <p>Mixed Fruit Cup Grape Juice Vanilla Cookie</p>
<p>9</p> <p>FRENCH TOAST STICKS W/SAUSAGE</p> <p>Potato Rounds Blended Fruit Juice</p>	<p>10</p> <p>CHICKEN TENDERS (Whole Grain) W/POTATO WEDGES</p> <p>Mixed Fruit Cup Mini Pretzels</p>	<p>11</p> <p>CHARBROILED HAMBURGER</p> <p>Maple Baked Beans Fresh Banana Whole Wheat Hamburger Bun Fritos</p>	<p>12</p> <p>CHEESE PIZZA DIPPERS Marinara Dipping Sauce</p> <p>Fresh Baby Carrots Pineapple Cup Snickerdoodle Cookie</p>	<p>13</p> <p>SWEET & SOUR BROWN RICE BOWL W/CHICKEN</p> <p>Fresh Apple Wally Wabbit's Carrot Muffin</p>
<p>16</p> <p><i>I Have A Dream</i> <i>Martin Luther King, Jr. Day</i></p>	<p>17</p> <p>HOMESTYLE CHILI W/BEANS</p> <p>Buttered Corn Cherry Frozen Juice Bar Tortilla Rounds (Whole Grain)</p>	<p>18</p> <p>CHICKEN DIPPERS (whole grain) W/TOMATO PARMESAN SAUCE</p> <p>Funky Fruit Punch Applesauce (all natural) Soft Breadstick</p>	<p>19</p> <p>HOT DOG FRENCH FRIES</p> <p>Fresh Orange Whole Wheat Hot Dog Bun</p>	<p>20</p> <p>PEPPERONI PISA PIZZA (WHOLE WHEAT)</p> <p>Fresh Baby Carrots Pear Cup</p>
<p>New Item!</p> <p>23</p> <p>BAGEL DOG (WHOLE GRAIN)</p> <p>Potato Wedges Apple-Cranberry Juice Goldfish Crackers</p>	<p>24</p> <p>SPAGHETTI (WHOLE WHEAT) W/ MEAT SAUCE</p> <p>Green Garden Peas Mixed Fruit Cup Garlic Bread</p>	<p>25</p> <p>BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS</p> <p>Fresh Pear Wheat Bread Fritos</p>	<p>26</p> <p>CHEESE PIZZA DIPPERS Marinara Dipping Sauce</p> <p>Tossed Salad Peach Cup Oatmeal Cookie</p>	<p>27</p> <p>ITALIAN CHICKEN PARMESAN (WHOLE GRAIN)</p> <p>Garden Vegetables Fresh Banana Whole Wheat Hamburger Bun</p>
<p>30</p> <p>LOW FAT TOASTED CHEESE ON WHEAT BREAD</p> <p>Tomato Soup Grape Juice</p>	<p>31</p> <p>POPCORN CHICKEN W/POTATO FUN SHAPES</p> <p>Pineapple Cup Corn Muffin</p>			

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

***MENU SUBJECT TO CHANGE.



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.