



JUNE 2013 LUNCH



Preferred Meal Systems, Inc.
preferredmealsystems.com

Jacksonville Lighthouse

LN - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
POPCORN CHICKEN Potato Wedges Diced Pear Cup WG Shortbread Mini	BBQ CHICKEN WW Hamburger Bun Corn Pineapple Cup	HOT DOG W/ POTATO ROUNDS Maple Baked Beans Fresh Banana WW Hot Dog Bun	CRISPY CHICKEN FILLET (WHOLE GRAIN) Green Beans Fresh Baby Carrots* WW Hamburger Bun Fresh Apple	WW CHEESE PIZZA Romaine Salad Mixed Fruit Cup
CHICKEN DIPPERS W/TOMATO PARMESAN SAUCE Diced Carrots Mixed Fruit Cup	WG 4-CHEESE PANINI French Fries Diced Pear Cup	WG PIZZA DIPPERS Marinara Dipping Sauce Green Beans Peach Cup		
<p>Like us on Facebook</p> <p>LIKE LUNCH! at Preferred Meal Systems, Inc.</p>			Download our newsletter <i>The Preferred Word</i> here:	<p>Or visit Kids Corner on our website!</p> <p>www.preferredmealsystems.com</p>

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

*** MENU SUBJECT TO CHANGE.

How much water do you drink?

How many glasses of water do you drink each day? Let us know at info@preferredmealsystems.com. Write "WATER" in the subject line. Be sure to include your name, grade, school and town. See results on Facebook at Preferred Meal Systems, Inc.

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