



August 2012

Jacksonville Lighthouse

BRKFST K-12



Preferred Meal Systems, Inc.

preferredmealsystems.com

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
13	14	15	16	17
FROOT LOOPS (LOW SUGAR) Cinnamon Breakfast Square Orange Juice	CORN POPS Lemon Muffin Apple Juice	COCOA KRISPIES Superstix W/Strawberry Cream Cheese Grape Juice	CRISPIX Brown Sugar Pop Tart Blended Fruit Juice	BLUEBERRY MUFFIN Grape Juice
20	21	22	23	24
CORN FLAKES Graham Wildlife Crackers Apple Juice	RICE KRISPIES Plain Donut Orange Juice	BANANA MUFFIN Blended Fruit Juice	APPLE JACKS REDUCED SUGAR Plain Bagel Grape Juice	MINI WHEATS LITTLE BITES Carrot Muffin Orange Juice
27	28	29	30	31
RAISIN BRAN (WHOLE GRAIN) Apple Breakfast Square Blended Fruit Juice	FROSTED MINI WHEATS (WHOLE GRAIN) Brown Sugar Pop Tart Grape Juice	CRISPIX Chocolate Chip Pumpkin Muffin Apple-Cranberry Juice	CORN FLAKES Cinnamon Sky Minis Orange Juice	FROSTED FLAKES (LOW SUGAR/WHOLE GRAIN) Corn Muffin Blended Fruit Juice

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

***MENU SUBJECT TO CHANGE.



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