




JANUARY 2018 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>1</p>	<p>2</p> <p>NO SCHOOL</p>	<p>3</p> <p>WW PEPPERONI PIZZA Garden Vegetables Applesauce Cup</p>	<p>4</p> <p>HOT DOG California Blend Veggies Diced Pear Cup WW Hot Dog Bun</p>
<p>7</p> <p>POPCORN CHICKEN French Fries 100% Frozen Juice Cup</p>	<p>8</p> <p>WG SPAGHETTI & MEATBALLS Broccoli Pineapple Cup</p>	<p>9</p> <p>CRISPY CHICKEN FILLET (WHOLE GRAIN) Maple Baked Beans Pickle Chips Fresh Pear WW Hamburger Bun</p>	<p>10</p> <p>WG PIZZA DIPPERS Marinara Dipping Sauce Romaine Lettuce Cinnamon Apple Slices</p>	<p>11</p> <p>SALISBURY STEAK W/GRAVY MASHED POTATOES WHOLE KERNEL CORN Fresh Orange Whole Wheat Hamburger Bun</p>
<p>14</p> <p>WW ROTINI BAKE WITH MEATSAUCE Green Beans Mixed Fruit Cup</p>	<p>15</p> <p>WW CHEESE PIZZA Whole Kernel Corn Peach Cup</p>	<p>16</p> <p>MEATBALLS W/ TOMATO SAUCE Broccoli Fresh Orange WW Hot Dog Bun Mini Wafers</p>	<p>17</p> <p>ITALIAN CHICKEN PARMESAN (WHOLE GRAIN) Romaine Lettuce Diced Pear Cup Whole Wheat Hamburger Bun</p>	<p>18</p> <p>TURKEY BURGER WITH POTATO WEDGES Maple Baked Beans Fresh Apple Whole Wheat Hamburger Bun</p>
<p>21</p> <p>NO SCHOOL</p>	<p>22</p> <p>TACO MEAT Refried Beans Applesauce Cup WG Tortilla Rounds</p>	<p>23</p> <p>TERIYAKI GLAZED CHICKEN W/BROWN RICE California Blend Veggies Fresh Banana</p>	<p>24</p> <p>WG PIZZA DIPPERS Marinara Dipping Sauce Romaine Lettuce Pineapple Cup</p>	<p>25</p> <p>CHEESEBURGER Potato Rounds Fresh Baby Carrots Fresh Pear Whole Wheat Hamburger Bun</p>
<p>28</p> <p>WG 4-CHEESE PANINI French Fries Peach Cup</p>	<p>29</p> <p>WW PEPPERONI PIZZA Broccoli Pineapple Cup</p>	<p>30</p> <p>CHICKEN DRUMSTICK W/POTATO ROUNDS Maple Baked Beans Fresh Baby Carrots Fresh Pear Fritos</p>	<p>31</p> <p>BEEF BURRITO Salsa Cup Romaine Lettuce Cinnamon Apple Slices</p>	

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

*** MENU SUBJECT TO CHANGE.

Tell us what you think!

What do healthy foods mean to you? Write us at info@preferredmealsystems.com
Write "Healthy Foods" in the subject line. Be sure to include your name, grade,
school and town. See results at www.preferredmealsystems.com

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