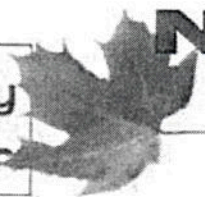


We Support



November 2012 Breakfast



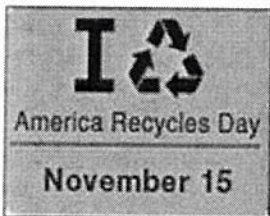
Preferred Meal Systems, Inc.
preferredmealsystems.com

Jacksonville Lighthouse

BRC - BRKFST K-12

Monday	Tuesday	Wednesday	Thursday	Friday
			1 CORN FLAKES Apple Waffle Crackers Orange Juice	2 RAISIN BRAN (WHOLE GRAIN) Chocolate Chip Muffin Blended Fruit Juice
5 FROOT LOOPS (LOW SUGAR) Cinnamon Breakfast Square Orange Juice	6 CORN POPS Lemon Muffin Apple Juice	7 COCOA KRISPIES Superstix W/Strawberry Cream Cheese Grape Juice	8 CRISPIX Brown Sugar Pop Tart Blended Fruit Juice	9 NO SCHOOL
12 NO SCHOOL	13 CORN FLAKES Graham Wildlife Crackers Apple Juice	14 BANANA MUFFIN Blended Fruit Juice	15 APPLE JACKS REDUCED SUGAR Plain Bagel Grape Juice	16 MINI WHEATS LITTLE BITES Carrot Muffin Orange Juice
19 RAISIN BRAN (WHOLE GRAIN) Apple Breakfast Square Blended Fruit Juice	20 FROSTED MINI WHEATS (WHOLE GRAIN) Brown Sugar Pop Tart Grape Juice	21 NO SCHOOL	22 Thanksgiving	23 NO SCHOOL
26 COCOA KRISPIES Strawberry Waffle Crackers Orange Juice	27 CORN FLAKES Carrot Muffin Apple-Cranberry Juice	28 APPLE JACKS REDUCED SUGAR Cinnamon Superstix Grape Juice	29 MINI WHEATS LITTLE BITES Plain Donut Blended Fruit Juice	30 BANANA MUFFIN Grape Juice

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



Since 1997, communities across the country have come together on November 15 to celebrate America Recycles Day. This day is dedicated to educating and motivating your neighbors, friends and community to work together to make recycling bigger and better 365 days per year.

Preferred Meal Systems, Inc. is dedicated to the environment by offering biodegradable and compostable packaging as part of the school breakfast and lunch programs. Recycled paper and cardboard is used throughout our system and we have switched to electronic invoices and menus wherever possible.

Schools have found many innovative ways to reuse our packaging from Art Projects, using cups to plant new seedlings and even donating breakfast and lunch trays to the local pet shelter for feeding bowls!



Download our newsletter *The Preferred Word* here:
Or visit Kids Corner on our website!
www.preferredmealsystems.com



Tell us what you think!

What's your favorite vegetable? Write us at info@preferredmealsystems.com
Please write "Veggie" in subject line. Be sure to include your name, grade, school and town. See results at www.preferredmealsystems.com

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