



2014 OCTOBER Lunch



Jacksonville Lighthouse

Monday	Tuesday	Wednesday	Thursday	Friday
September 29, 2014	September 30, 2014	October 1, 2014	October 2, 2014	October 3, 2014
		CHEESEBURGER Hamburger Bun Maple Baked Beans Fresh Baby Carrots Light Ranch Dressing Fresh Apple Mustard Ketchup Choice of Milk	GRILLED BBQ CHICKEN Hamburger Bun Romaine Lettuce Cucumbers Light French Dressing Diced Peaches Choice of Milk	MINI RAVIOLI WITH SAUCE Whole Kernel Corn Fresh Orange Oatmeal Cookie Choice of Milk
October 6, 2014	October 7, 2014	October 8, 2014	October 9, 2014	October 10, 2014
BAKED CHICKEN NUGGETS California Blend Veggies Diced Peaches BBQ Sauce Choice of Milk	CHEESE PIZZA Garden Peas Strawberry Applesauce Choice of Milk	TURKEY HAM & CHEESE PANINI Romaine Lettuce Cucumbers Ranch Dressing Pineapple Tidbits Mini Wafer Choice of Milk	PARMESAN POPCORN CHICKEN & PASTA Ranch Dressing Fresh Banana Choice of Milk	HOT DOG W/ POTATO ROUNDS Hot Dog Bun Maple Baked Beans Fresh Pear Mustard Ketchup Graham Crackers Choice of Milk
October 13, 2014	October 14, 2014	October 15, 2014	October 16, 2014	October 17, 2014
NO SCHOOL	CHICKEN DIPPERS W/TOMATO PARMESAN SAUCE Whole Kernel Corn Mixed Fruit Cup Choice of Milk	FRENCH TOAST STICKS W/SAUSAGE Tropical Veggie Juice Pineapple Tidbits Choice of Milk	CREAMY TOMATO CHICKEN PASTA Green Beans Cinnamon Applesauce Vanilla Cookie Choice of Milk	PIZZA DIPPERS Marinara Dipping Sauce Romaine Lettuce Ranch Dressing Fresh Orange Choice of Milk
October 20, 2014	October 21, 2014	October 22, 2014	October 23, 2014	October 24, 2014
CHICKEN TENDERS WITH POTATO WEDGES Breadstick Green Beans Strawberry Applesauce BBQ Sauce Ketchup Choice of Milk	MACARONI & CHEESE California Blend Veggies Blended Fruit Juice Choice of Milk	PIZZA DIPPERS Marinara Dipping Sauce Romaine Salad Light Italian Dressing Fresh Orange Snickerdoodle Cookie Choice of Milk	MEATBALLS W/ TOMATO SAUCE Hot Dog Bun Garden Peas Diced Peaches Choice of Milk	FOOD DAY CHICKEN WINGS Breadstick Rainbow Bean Salad Fresh Baby Carrots Light Ranch Dressing Fresh Apple BBQ Sauce Choice of Milk
October 27, 2014	October 28, 2014	October 29, 2014	October 30, 2014	October 31, 2014
3 CHEESE PANINI California Blend Veggies Mixed Fruit Cup Choice of Milk	SALISBURY STEAK W/GRAVY & MASHED POTATOES Hamburger Bun Peas & Carrots Diced Peas Choice of Milk	SPECIAL MEAL CHICKEN & BEAN NACHOS Whole Kernel Corn Pineapple Tidbits Tortilla Chips Choice of Milk	CHEESEBURGER Hamburger Bun Maple Baked Beans Cucumbers Light Ranch Dressing Fresh Pear Ketchup Mustard Choice of Milk	SAUSAGE PIZZA Fresh Broccoli Light Ranch Dressing Fresh Orange Choice of Milk

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

*** MENU SUBJECT TO CHANGE.

*** USDA is an equal opportunity provider and employer.

Being healthy isn't just about eating well. It's also important to get moving with plenty of exercise every day! Send us a picture where you are involved in your favorite sport or activity. Write us at info@preferredmeals.com and see the results on our Facebook page. In the subject line write "Getting in the Game" and don't forget to include your name, grade, and school!

