



# November 2014 BREAKFAST



## Jacksonville Lighthouse Cpa Elementary

Monday	Tuesday	Wednesday	Thursday	Friday
<b>November 3, 2014</b>	<b>November 4, 2014</b>	<b>November 5, 2014</b>	<b>November 6, 2014</b>	<b>November 7, 2014</b>
CHEERIOS Cinnamon Breakfast Square Grape Juice Raisins Choice of Milk	RICE KRISPIES Graham Crackers Mixed Fruit Cup Blended Fruit Juice Assorted Jelly Choice of Milk	CINNAMON FLAKES REDUCED SUGAR Strawberry Waffle Crackers Fresh Apple Choice of Milk	BAGEL Fresh Orange Apple-Cranberry Juice Assorted Jelly Choice of Milk	MOZZARELLA STRING CHEESE Banana Muffin Fresh Apple Assorted Jelly Choice of Milk
<b>November 10, 2014</b>	<b>November 11, 2014</b>	<b>November 12, 2014</b>	<b>November 13, 2014</b>	<b>November 14, 2014</b>
FROOT LOOPS REDUCED SUGAR Graham Crackers Blended Fruit Juice Raisins Choice of Milk	RICE CHEX Cinnamon Breakfast Square Diced Pears Grape Juice Choice of Milk	STRAWBERRY YOGURT Blueberry Muffin Fresh Apple Assorted Jelly Choice of Milk	RAISIN BRAN Spiced Grahams Fresh Banana Grape Juice Choice of Milk	MINI WHEATS LITTLE BITES Graham Crackers Fresh Apple Choice of Milk
<b>November 17, 2014</b>	<b>November 18, 2014</b>	<b>November 19, 2014</b>	<b>November 20, 2014</b>	<b>November 21, 2014</b>
FROSTED FLAKES (LOW SUGAR) Animal Grahams Raisins Apple-Cranberry Juice Choice of Milk	FROOT LOOPS REDUCED SUGAR Strawberry Waffle Crackers Diced Peaches Orange Juice Choice of Milk	APPLE JACKS REDUCED SUGAR Graham Crackers Fresh Apple Choice of Milk	ENGLISH MUFFIN Fresh Orange Blended Fruit Juice Assorted Jelly Choice of Milk	MOZZARELLA STRING CHEESE Banana Muffin Blended Fruit Juice Assorted Jelly Choice of Milk
<b>November 24, 2014</b>	<b>November 25, 2014</b>	<b>November 26, 2014</b>	<b>November 27, 2014</b>	<b>November 28, 2014</b>
CHEERIOS Apple Waffle Crackers Raisins Grape Juice Choice of Milk	MINI WHEATS LITTLE BITES Spiced Grahams Pineapple Tidbits Blended Fruit Juice Choice of Milk	NO SCHOOL	NO SCHOOL	NO SCHOOL

\*\*\*\* 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.



**Are you aware of the new breakfast regulation?**  
**The regulation requires that 1 cup of fruit is offered at breakfast.**  
**Students MUST take at least 1/2 cup.**