



Jacksonville Lighthouse Cpa Elementary

Monday	Tuesday	Wednesday	Thursday	Friday
December 29, 2014	December 30, 2014	December 31, 2014	January 1, 2015	January 2, 2015
			NO SCHOOL	NO SCHOOL
January 5, 2015	January 6, 2015	January 7, 2015	January 8, 2015	January 9, 2015
NO SCHOOL	CHEERIOS Apple Waffle Crackers Raisins Blended Fruit Juice Choice of Milk	STRAWBERRY YOGURT Apple Muffin Diced Peaches Orange Juice Assorted Jelly Choice of Milk	BAGEL Cinnamon Applesauce Blended Fruit Juice Assorted Jelly Choice of Milk	FROOT LOOPS REDUCED SUGAR Spiced Grahams Diced Peaches Orange Juice Choice of Milk
January 12, 2015	January 13, 2015	January 14, 2015	January 15, 2015	January 16, 2015
RAISIN BRAN Apple Waffle Crackers Grape Juice Raisins Choice of Milk	BAGEL Diced Pears Blended Fruit Juice Assorted Jelly Choice of Milk	FROOT LOOPS REDUCED SUGAR Animal Grahams Mixed Fruit Cup Apple-Cranberry Juice Choice of Milk	CINNAMON FLAKES REDUCED SUGAR Graham Crackers Fresh Orange Grape Juice Assorted Jelly Choice of Milk	MOZZARELLA STRING CHS(160/10Z) Banana Muffin Fresh Apple Assorted Jelly Choice of Milk
January 19, 2015	January 20, 2015	January 21, 2015	January 22, 2015	January 23, 2015
NO SCHOOL	RICE CHEX Apple Waffle Crackers Blended Fruit Juice Raisins Choice of Milk	STRAWBERRY YOGURT Blueberry Muffin Fresh Apple Assorted Jelly Choice of Milk	FROSTED FLAKES (LOW SUGAR) WG Mini Wafer Fresh Banana Grape Juice Choice of Milk	APPLE JACKS REDUCED SUGAR Graham Crackers Fresh Apple Choice of Milk
January 26, 2015	January 27, 2015	January 28, 2015	January 29, 2015	January 30, 2015
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 CHS(160/10Z) Pumpkin Muffin Fresh Apple Assorted Jelly Choice of Milk

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

*** MENU SUBJECT TO CHANGE.

*** This institution is an equal opportunity provider and employer.

Healthy Foods for a Healthier Me!

The new year is a great time to incorporate healthier foods into your diet! Eating meals that include lots of fruits and vegetables, like school meals, are a great way to increase the amount of vitamins, minerals and fiber that help keep your body going. Don't forget to make them half your plate!

