



FEBRUARY 2014 BREAKFAST



Jacksonville Lighthouse

Monday	Tuesday	Wednesday	Thursday	Friday
February 3, 2014 FROOT LOOPS REDUCED SUGAR Cinnamon Breakfast Square Blended Fruit Juice Choice of Milk	February 4, 2014 RICE KRISPIES Donut Orange Juice Choice of Milk	February 5, 2014 STRING CHEESE Banana Muffin Assorted Jelly Apple-Cranberry Juice Choice of Milk	February 6, 2014 RAISIN BRAN Strawberry Superstix Grape Juice Choice of Milk	February 7, 2014 APPLE JACKS REDUCED SUGAR Mini Wafer Apple-Cranberry Juice Choice of Milk
February 10, 2014 FROSTED FLAKES (LOW SUGAR) Apple Breakfast Square Orange Juice Choice of Milk	February 11, 2014 OAT BLENDERS Bagel Assorted Jelly Apple-Cranberry Juice Choice of Milk	February 12, 2014 APPLE JACKS REDUCED SUGAR Donut Grape Juice Choice of Milk	February 13, 2014 RAISIN BRAN Mini Wafer Apple Juice Choice of Milk	February 14, 2014 STRING CHEESE Apple Muffin Blended Fruit Juice Assorted Jelly Choice of Milk
February 17, 2014 NO SCHOOL	February 18, 2014 CINNAMON TOASTERS Apple Waffle Crackers Orange Juice Choice of Milk	February 19, 2014 STRING CHEESE Blueberry Muffin Assorted Jelly Blended Fruit Juice Choice of Milk	February 20, 2014 FROOT LOOPS REDUCED SUGAR Cinnamon Superstix Grape Juice Choice of Milk	February 21, 2014 RAISIN BRAN Spiced Grahams Orange Juice Choice of Milk
February 24, 2014 OAT BLENDERS Apple Breakfast Square Blended Fruit Juice Choice of Milk	February 25, 2014 TOASTY O'S Mini Wafer Grape Juice Choice of Milk	February 26, 2014 FROOT LOOPS REDUCED SUGAR Spiced Grahams Orange Juice Choice of Milk	February 27, 2014 RAISIN BRAN Bagel Assorted Jelly Apple Juice Choice of Milk	February 28, 2014 STRING CHEESE Banana Muffin Assorted Jelly Blended Fruit Juice Choice of Milk

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

*** MENU SUBJECT TO CHANGE.



This month we celebrate all Dairy products and the benefits they provide to a healthy diet. Milk not only tastes great but helps build bone and keep muscles strong. Milk is the #1 source of Vitamin D which is essential to help calcium do it's job.

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