



JANUARY 2014 BREAKFAST



Jacksonville Lighthouse

Monday	Tuesday	Wednesday	Thursday	Friday
December 30, 2013	December 31, 2013	January 1, 2014	January 2, 2014	January 3, 2014
		NO SCHOOL	NO SCHOOL	NO SCHOOL
January 6, 2014	January 7, 2014	January 8, 2014	January 9, 2014	January 10, 2014
CINNAMON TOASTERS Apple Waffle Crackers Orange Juice Milk	TOASTY O'S Brown Sugar Pop Tart (Frosted) Apple Juice Milk	STRING CHEESE Blueberry Muffin Assorted Jelly Blended Fruit Juice Milk	FROOT LOOPS REDUCED SUGAR Cinnamon Superstix Grape Juice Milk	RAISIN BRAN Spiced Grahams Orange Juice Milk
January 13, 2014	January 14, 2014	January 15, 2014	January 16, 2014	January 17, 2014
OAT BLENDERS Apple Breakfast Square Blended Fruit Juice Milk	TOASTY O'S Mini Wafer Grape Juice Milk	FROOT LOOPS REDUCED SUGAR Spiced Grahams Orange Juice Milk	RAISIN BRAN Bagel Assorted Jelly Apple Juice Milk	STRING CHEESE Banana Muffin Assorted Jelly Blended Fruit Juice Milk
January 20, 2014	January 21, 2014	January 22, 2014	January 23, 2014	January 24, 2014
NO SCHOOL	RAISIN BRAN Donut Apple-Cranberry Juice Milk	STRING CHEESE Apple Muffin Assorted Jelly Grape Juice Milk	FROSTED FLAKES (LOW SUGAR) Cinnamon Superstix Apple Juice Milk	APPLE JACKS REDUCED SUGAR Strawberry Waffle Crackers Blended Fruit Juice Milk
January 27, 2014	January 28, 2014	January 29, 2014	January 30, 2014	January 31, 2014
TOASTY O'S Mini Wafer Grape Juice Milk	RICE KRISPIES Bagel Assorted Jelly Apple Juice Milk	RAISIN BRAN Cinnamon Breakfast Square Orange Juice Milk	OAT BLENDERS Strawberry Pop Tart (Unfrosted) Blended Fruit Juice Milk	Rockin' Raisin Muffin Apple-Cranberry Juice Assorted Jelly Milk

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

*** MENU SUBJECT TO CHANGE.

**School Meals provide
everything for YOUR Plate!**

Eating healthy is not easy when many meals are eaten outside the home. School meals provide all the components promoted by the USDA's MyPlate program, focusing on fruits, vegetables and whole grains. School meals are also lower in calories, fat and sodium!



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