



JANUARY 2014 LUNCH

Happy New Year



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
CHEESE PIZZA Garden Peas Strawberry Applesauce Milk	TERIYAKI GLAZED CHICKEN W/ FRIED RICE California Blend Veggies Diced Peaches Cinnamon Sky Cookie Milk	POPCORN CHICKEN Golden Potato Rounds Pineapple Tidbits BBQ Sauce Milk	ROTINI BAKE WITH MEATSAUCE Whole Wheat Bread Broccoli Mixed Fruit Cup Milk	HOT DOG Hot Dog Bun Maple Baked Beans Diced Carrots Pineapple Tidbits Mustard Ketchup Milk
January 13, 2014	January 14, 2014	January 15, 2014	January 16, 2014	January 17, 2014
CHICKEN DIPPERS W/TOMATO PARMESAN SAUCE Breadstick Whole Kernel Corn Orange Juice Milk	CHARBROILED HAMBURGER W/POTATOES Hamburger Bun Green Beans Cinnamon Applesauce Mustard Ketchup Milk	CHEESY CHICKEN POTATO BROCCOLI BAKE Diced Peaches Snickerdoodle Cookie Milk	CHICKEN TENDERS WITH POTATO WEDGES Maple Baked Beans Fresh Pear Mustard Ketchup Milk	PIZZA DIPPERS Marinara Dipping Sauce Romaine Lettuce Fat Free French Dressing Fresh Banana Milk
January 20, 2014	January 21, 2014	January 22, 2014	January 23, 2014	January 24, 2014
NO SCHOOL	HOMESTYLE CHILI W/TURKEY & BEANS Whole Kernel Corn Diced Peas Fritos Milk	CRISPY CHICKEN FILLET Hamburger Bun Taco Beans Fresh Baby Carrots Fat Free Ranch Dressing Fresh Apple BBQ Sauce Ketchup Milk	SAUSAGE PIZZA Fresh Broccoli Fat Free Ranch Dressing Fresh Orange Milk	MEATBALLS W/ TOMATO SAUCE Hot Dog Bun Mashed Potatoes Diced Peaches Oatmeal Cookie Milk
January 27, 2014	January 28, 2014	January 29, 2014	January 30, 2014	January 31, 2014
WG CHICKEN NUGGETS W/SWEET POTATO DELIGHT Garden Peas Strawberry Applesauce BBQ Sauce Milk	MACARONI & CHEESE California Blend Veggies Diced Peaches Cinnamon Sky Cookie Milk	TURKEY TACO MEAT Romaine Lettuce Fat Free Ranch Dressing Pineapple Tidbits Baked Doritos Taco Sauce Milk	PIZZA DIPPERS Marinara Dipping Sauce Fresh Baby Carrots Fat Free Ranch Dressing Fresh Orange Milk	TURKEY BURGER WITH POTATO WEDGES Hamburger Bun Maple Baked Beans Fresh Pear Mustard Ketchup Milk

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

*** MENU SUBJECT TO CHANGE.

**Healthy Meals
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!



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