

Try Sweet Potatoes on your Plate!



November 2013 BREAKFAST

View & print your menu
and nutritional info online!
www.preferredmealsmenu.com



Jacksonville Lighthouse

Monday	Tuesday	Wednesday	Thursday	Friday
October 28, 2013	October 29, 2013	October 30, 2013	October 31, 2013	November 1, 2013
				NO SCHOOL
November 4, 2013	November 5, 2013	November 6, 2013	November 7, 2013	November 8, 2013
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	STRING CHEESE Blueberry Muffin Apple-Cranberry Juice Assorted Jelly Milk
November 11, 2013	November 12, 2013	November 13, 2013	November 14, 2013	November 15, 2013
NO SCHOOL	FROOT LOOPS REDUCED SUGAR Cinnamon Breakfast Square Blended Fruit Juice Milk	STRING CHEESE Banana Muffin Assorted Jelly Apple-Cranberry Juice Milk	RAISIN BRAN Strawberry Superstix Grape Juice Milk	MINI WHEATS LITTLE BITES Mini Wafer Apple-Cranberry Juice Milk
November 18, 2013	November 19, 2013	November 20, 2013	November 21, 2013	November 22, 2013
FROSTED FLAKES (LOW SUGAR) Apple Breakfast Square Orange Juice Milk	OAT BLENDERS Bagel Assorted Jelly Apple-Cranberry Juice Milk	APPLE JACKS REDUCED SUGAR Donut Grape Juice Milk	RAISIN BRAN Mini Wafer Apple Juice Milk	Chocolate Chip Pumpkin Muffin Orange Juice Assorted Jelly Milk
November 25, 2013	November 26, 2013	November 27, 2013	November 28, 2013	November 29, 2013
CINNAMON TOASTERS Apple Waffle Crackers Orange Juice Milk	TOASTY O'S Brown Sugar Pop Tart (Frosted) Apple Juice Milk	NO SCHOOL	THANKSGIVING	NO SCHOOL

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

*** MENU SUBJECT TO CHANGE.

**Would you rather eat
a baked potato or a baked SWEET potato?**

Let us know at info@preferredmeals.com. Write "POTATO" in the subject line. Be sure to include your name, grade, school and town. See results on Facebook at [Preferred Meals](#). And LIKE us while you're there!

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