

Try Sweet Potatoes on your Plate!



November 2013 LUNCH

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 |
| 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 HAM & CHEESE PANINI Romaine Lettuce Cucumbers Fat Free Ranch Dressing Pineapple Tidbits Multigrain Sun Chips 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 |
| November 11, 2013 | November 12, 2013 | November 13, 2013 | November 14, 2013 | November 15, 2013 |
| NO SCHOOL | BEAN & CHEESE BURRITO Salsa Cup Whole Kernel Corn Orange Sorbet 100% Juice Milk | MEATLOAF W/TOMATO SAUCE & MASHED POTATOES Hamburger Bun Diced Peaches Multigrain Sun Chips Milk | HOT DOG W/ POTATO ROUNDS Hot Dog Bun Maple Baked Beans Fresh Pear Mustard Ketchup Milk | SPAGHETTI & MEATBALLS Romaine Lettuce Fat Free French Dressing Fresh Banana Snickerdoodle Cookie Milk |
| November 18, 2013 | November 19, 2013 | November 20, 2013 | November 21, 2013 | November 22, 2013 |
| MINI CORN DOGS & CHICKEN FUN MIX Golden Potato Rounds Mixed Fruit Cup Mustard Ketchup Milk | PIZZA DIPPERS Marinara Dipping Sauce Garden Peas Diced Peas Milk | CHEESEBURGER Hamburger Bun Maple Baked Beans Fresh Baby Carrots Fat Free Ranch Dressing Fresh Apple Mustard Ketchup Milk | BBQ CHICKEN Hamburger Bun Fresh Broccoli Fat Free Ranch Dressing Fresh Orange Milk | MINI RAVIOLI WITH SAUCE Celery Sticks Fat Free Ranch Dressing Diced Peaches Oatmeal Cookie Milk |
| November 25, 2013 | November 26, 2013 | November 27, 2013 | November 28, 2013 | November 29, 2013 |
| FRENCH BREAD CHEESE PIZZA Garden Peas Strawberry Applesauce Milk | TURKEY W/STUFFING GRAVY & MASHED POTATOES Garden Vegetables Diced Peaches Cinnamon Sky Cookie 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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