



October 2013 Breakfast



Jacksonville Lighthouse

Monday	Tuesday	Wednesday	Thursday	Friday
September 30, 2013	October 1, 2013	October 2, 2013	October 3, 2013	October 4, 2013
	RICE KRISPIES Donut Orange 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
October 7, 2013	October 8, 2013	October 9, 2013	October 10, 2013	October 11, 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	STRING CHEESE Apple Muffin Blended Fruit Juice Assorted Jelly Milk
October 14, 2013	October 15, 2013	October 16, 2013	October 17, 2013	October 18, 2013
	CINNAMON TOASTERS Apple Waffle Crackers Orange 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
October 21, 2013	October 22, 2013	October 23, 2013	October 24, 2013	October 25, 2013
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
October 28, 2013	October 29, 2013	October 30, 2013	October 31, 2013	November 1, 2013
RAISIN BRAN Donut Apple-Cranberry Juice Milk	CINNAMON TOASTERS Brown Sugar Pop Tart (Frosted) Orange Juice Milk	STRING CHEESE Apple Muffin Assorted Jelly Grape Juice Milk	FROSTED FLAKES (LOW SUGAR) Cinnamon Superstix Apple Juice Milk	

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

*** MENU SUBJECT TO CHANGE.

What's your favorite way to eat apples?

Let us know at info@preferredmeals.com Write "APPLE" 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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