



October 2013 Lunch



Jacksonville Lighthouse

Monday	Tuesday	Wednesday	Thursday	Friday
September 30, 2013	October 1, 2013	October 2, 2013	October 3, 2013	October 4, 2013
	PEPPERONI PIZZA Green Beans Cinnamon Applesauce Milk	MEATLOAF W/TOMATO SAUCE & MASHED POTATOES Whole Wheat Bread Pineapple Tidbits 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
October 7, 2013	October 8, 2013	October 9, 2013	October 10, 2013	October 11, 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 Graham Crackers Milk
October 14, 2013	October 15, 2013	October 16, 2013	October 17, 2013	October 18, 2013
	FRENCH BREAD CHEESE PIZZA Garden Peas Strawberry Applesauce BBQ Sauce Milk	POPCORN CHICKEN Romaine Lettuce Cucumbers Fat Free Ranch Dressing Pineapple Tidbits BBQ Sauce Fritos Milk	ROTINI BAKE WITH MEATSAUCE Whole Wheat Bread 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
October 21, 2013	October 22, 2013	October 23, 2013	October 24, 2013	October 25, 2013
CHICKEN DIPPERS W/TOMATO PARMESAN SAUCE Breadstick Whole Kernel Corn Orange Sorbet 100% Juice Milk	CHARBROILED HAMBURGER W/POTATOES Hamburger Bun Green Beans Cinnamon Applesauce Mustard Ketchup Milk	PIZZA DIPPERS Marinara Dipping Sauce Romaine Lettuce Fat Free French Dressing Fresh Apple Snickerdoodle Cookie Milk	CHICKEN WINGS Mini Wafer Celery Sticks Fat Free Ranch Dressing Maple Baked Beans Fresh Pear BBQ Sauce Milk	MEATBALL SUB W/ TOMATO SAUCE Hot Dog Bun Fresh Baby Carrots Fat Free Ranch Dressing Fresh Orange Milk
October 28, 2013	October 29, 2013	October 30, 2013	October 31, 2013	November 1, 2013
3 CHEESE PANINI Golden Potato Rounds Mixed Fruit Cup Ketchup Milk	CHICKEN PASTA MARINARA Garden Peas Diced Peas Oatmeal Cookie Milk	CRISPY CHICKEN FILLET Hamburger Bun Maple Baked Beans Fresh Baby Carrots Fat Free Ranch Dressing Fresh Apple BBQ Sauce Milk	SAUSAGE PIZZA Fresh Broccoli Fat Free Ranch Dressing Fresh Orange 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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