



# March 2012



Jacksonville Lighthouse

4-12 T



Preferred Meal Systems, Inc.

preferredmealsystems.com

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>CRISPY CHICKEN FILLET (WHOLE GRAIN)</b> Garden Vegetables Fresh Banana Whole Wheat Hamburger Bun Mini Pretzels	<b>CHEESE PIZZA DIPPERS</b> Marinara Dipping Sauce Tossed Salad Peach Cup Cherry Muffin
<b>ROTINI PASTA BAKE (WHOLE WHEAT)</b> Green Garden Peas Cherry Frozen Juice Bar	<b>ORANGE GLAZED CHICKEN W/BROWN RICE &amp; VEGETABLES</b> Pineapple Cup Soft Breadstick	<b>PEPPERONI PISA PIZZA (WHOLE WHEAT)</b> Fresh Baby Carrots Applesauce Cup	<b>MINI CORN DOG &amp; CHICKEN FUN MIX W/POTATOES</b> Fresh Apple Corn Muffin	<b>ZESTY VEGETARIAN CHILI W/ POTATO BAKE</b> Fresh Banana WG Tortilla Rounds
<b>POPCORN CHICKEN W/POTATO FUN SHAPES</b> Cinnamon Apples	<b>HOMESTYLE SALISBURY STEAK W/GRAVY</b> Mashed Potatoes Mixed Fruit Cup Whole Wheat Hamburger Bun Oatmeal Cookie	<b>CRISPY CHICKEN FILLET (WHOLE GRAIN)</b> Green Garden Peas Fresh Orange Whole Wheat Hamburger Bun	<b>BEEF SAUSAGE PIZZA (WHOLE WHEAT)</b> Tossed Salad Grape Juice	<b>MACARONI &amp; CHEESE (WHOLE WHEAT)</b> Garden Vegetables Fresh Pear Shortbread Cookies
<b>SPRING BREAK</b>				
<b>CHICKEN TENDERS (Whole Grain) W/POTATO WEDGES</b> Mixed Fruit Cup Mini Pretzels	<b>CHARBROILED HAMBURGER</b> Whole Kernel Corn Blended Fruit Juice Whole Wheat Hamburger Bun	<b>PEPPERONI PISA PIZZA (WHOLE WHEAT)</b> Peas & Carrots Pineapple Cup	<b>SPAGHETTI (WHOLE WHEAT) W/ MEAT SAUCE</b> Garden Vegetables Applesauce Cup Soft Breadstick	<b>TOASTED CHEESE SANDWICH ON WHOLE WHEAT BREAD</b> French Fries Peach Cup Snickerdoodle Cookie

\*\*\* ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS.

\*\*\*HEALTHY BREAD BASKET AVAILABLE DAILY.

\*\*\*MENU SUBJECT TO CHANGE.



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