



# November 2011



Jacksonville Lighthouse



Preferred Meal Systems, Inc.

preferredmealsystems.com

4-12 TRADITIONAL

Monday	Tuesday	Wednesday	Thursday	Friday
	1 POPCORN CHICKEN W/POTATO FUN SHAPES Mixed Fruit Cup Corn Muffin	2 SPAGHETTI (WHOLE WHEAT) W/ MEAT SAUCE Cut Green Beans Fresh Apple Soft Breadstick	3 CHARBROILED HAMBURGER Potato Rounds Fresh Banana Whole Wheat Hamburger Bun	4 <b>NO SCHOOL</b>
7 MINI CORN DOGS W/POTATO FUN SHAPES Apple-Cranberry Juice	8 WHOLE GRAIN CHILI & CHEESE QUESADILLA Buttered Corn Peach Cup	9 CHEESE PIZZA DIPPERS Marinara Dipping Sauce Tossed Salad Pineapple Cup PopCorners	10 CRISPY CHICKEN TENDERS (WHOLE GRAIN) Cut Green Beans Fresh Orange	11 <b>NO SCHOOL</b>
14 BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS Cherry Frozen Juice Bar Honey Wheat Pretzels	15 ROTINI BAKE W/MEATSAUCE Garden Green Peas NEW! Bonzi Blueberry Applesauce (All Natural) Garlic Bread	16 NEW! CHEESEBURGER LUNCH MUNCHIE Maple Baked Beans Fresh Pear Chocolate Chip Pumpkin Muffin	17 HOT DOG FRENCH FRIES Fresh Banana Whole Wheat Hot Dog Bun	18 FRENCH BREAD CHEESE PIZZA Fresh Baby Carrots Pineapple Cup
21 CHICKEN DIPPERS (WHOLE GRAIN) W/TOMATO PARMESAN SAUCE Applesauce Cup Soft Breadstick	22 TURKEY & GRAVY W/STUFFING PEAS & CARROTS Fruited Gelatin Thanksgiving Cookie	23 <b>NO SCHOOL</b>	24  <b>Happy Thanksgiving</b>	25
28 BAKED CHICKEN NUGGETS (WHOLE GRAIN) W/POTATO ROUNDS Grape Juice Fritos	29 CREAMY MACARONI AND CHEESE Green Garden Peas Mixed Fruit Cup Vanilla Cookie	30 HOT DOG FRENCH FRIES Fresh Pear Whole Wheat Hot Dog Bun Cheddar Goldfish Crackers		

\*\*\*ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF MILK.

\*\*\*MENU SUBJECT TO CHANGE.



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