



# March 2013 Breakfast



Jacksonville Lighthouse

BRC - BRKFST K-12

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Be a Star!</b>  <b>National School Breakfast Week March 4-8!</b>  <b>Eat a Healthy Breakfast!</b></p>				<p><b>RICE KRISPIES</b>            Lemon Muffin            Orange Juice</p>
<p><b>CRISPIX</b>            WG Apple Breakfast Square            Blended Fruit Juice</p>	<p><b>APPLE JACKS            REDUCED SUGAR</b>            Glazed Donut            Grape Juice</p>	<p><b>FROSTED MINI WHEATS            (WHOLE GRAIN)</b>            Cherry Muffin            Apple-Cranberry Juice</p>	<p><b>CORN FLAKES</b>            WG Apple Waffle Crackers            Orange Juice</p>	<p><b>RAISIN BRAN            (WHOLE GRAIN)</b>            Chocolate Chip Muffin            Blended Fruit Juice</p>
<p><b>FROOT LOOPS            (LOW SUGAR)</b>            WG Cinnamon Breakfast            Square            Orange Juice</p>	<p><b>CORN POPS</b>            Lemon Muffin            Apple Juice</p>	<p><b>COCOA KRISPIES</b>            Superstix            W/Strawberry Cream            Cheese            Grape Juice</p>	<p><b>CRISPIX</b>            Brown Sugar Pop Tart            Blended Fruit Juice</p>	<p><b>BLUEBERRY MUFFIN</b>            Grape Juice</p>
<p><b>SCHOOL CLOSED</b></p>				
<p><b>RAISIN BRAN            (WHOLE GRAIN)</b>            WG Apple Breakfast Square            Blended Fruit Juice</p>	<p><b>FROSTED MINI WHEATS            (WHOLE GRAIN)</b>            Brown Sugar Pop Tart            Grape Juice</p>	<p><b>CRISPIX</b>            Chocolate Chip            Pumpkin Muffin            Apple-Cranberry Juice</p>	<p><b>CORN FLAKES</b>            WG Cinnamon Sky Cookie            Orange Juice</p>	<p><b>NO            SCHOOL</b></p>

\*\*\*\* ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\*\* MENU SUBJECT TO CHANGE.

**Tell us what you think!** Do you eat breakfast everyday? Let us know at [info@preferredmealsystems.com](mailto:info@preferredmealsystems.com)  
 Write "Breakfast" in the subject line. Be sure to include your name, grade, school and town. See results on Facebook at [Preferred Meal Systems, Inc.](http://PreferredMealSystems.com)

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