






MARCH 2013 Lunch



Preferred Meal Systems, Inc.
preferredmealsystems.com

Jacksonville Lighthouse

LN - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Download our news- letter <i>The Preferred Word</i> here: </p> <p>Or visit Kids Corner on our website!</p>  <p>www.preferredmealsystems.com</p>	 <p>LIKE LUNCH! at Preferred Meal Systems, Inc.</p>	<p>WG PIZZA DIPPERS Marinara Dipping Sauce Romaine Lettuce Fresh Banana</p>		1	
<p>WG SPAGHETTI & MEATBALLS Green Beans Pineapple Cup</p>	<p>HOMESTYLE CHILI W/BEANS Whole Kernel Corn Mixed Fruit Cup Fritos</p>	<p>CRISPY CHICKEN TENDERS (WHOLE GRAIN) Maple Baked Beans Fresh Baby Carrots Fresh Pear WG Shortbread Mini</p>	<p>CHARBROILED HAMBURGER WW Hamburger Bun Potato Wedges Fresh Apple</p>	<p>WW CHEESE PIZZA Romaine Lettuce Applesauce Cup</p>	4, 5, 6, 7, 8
<p>WG 3 CHEESE PANINI Potato Rounds Peach Cup</p>	<p>WG PIZZA DIPPERS Marinara Dipping Sauce Broccoli Pineapple Cup</p>	<p>CHICKEN WINGS Corn Muffin Maple Baked Beans Fresh Baby Carrots Fresh Pear</p>	<p>WG PASTA W/ CHICKEN & PEAS Fresh Orange</p>	<p>BEAN & CHEESE WG BURRITO Salsa Cup Romaine Lettuce Cinnamon Applesauce</p>	11, 12, 13, 14, 15
<h1>SCHOOL CLOSED</h1>					18, 19, 20, 21, 22
<p>TACO MEAT WG Tortilla Rounds Refried Beans Applesauce Cup</p>	<p>WG CHICKEN DIPPERS W/TOMATO PARMESAN SAUCE Whole Kernel Corn Mixed Fruit Cup Fritos</p>	<p>MACARONI & CHEESE (WHOLE WHEAT) California Blend Veggies Diced Pear Cup</p>	<p>HOT DOG WW Hot Dog Bun Potato Wedges Peach Cup</p>	<h1>NO SCHOOL</h1>	25, 26, 27, 28, 29

**** 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
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.](#)

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