



MAY 2013 Breakfast



Preferred Meal Systems, Inc.
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Jacksonville Lighthouse

BRC - BRKFST K-12

Monday	Tuesday	Wednesday	Thursday	Friday
		1 BANANA MUFFIN Blended Fruit Juice	2 APPLE JACKS REDUCED SUGAR Plain Bagel Grape Juice	3 MINI WHEATS LITTLE BITES Rockin' Raisin Muffin Orange Juice
6 RAISIN BRAN (WHOLE GRAIN) WG Apple Breakfast Square Blended Fruit Juice	7 FROSTED MINI WHEATS (WHOLE GRAIN) Brown Sugar Pop Tart Grape Juice	8 CRISPIX Chocolate Chip Pumpkin Muffin Apple-Cranberry Juice	9 CORN FLAKES WG Cinnamon Sky Cookie Orange Juice	10 FROSTED FLAKES (LOW SUGAR/WHOLE GRAIN) Corn Muffin Blended Fruit Juice
13 COCOA KRISPIES WG Strawberry Waffle Crackers Orange Juice	14 CORN FLAKES Rockin' Raisin Muffin Apple-Cranberry Juice	15 APPLE JACKS REDUCED SUGAR Cinnamon Superstix Grape Juice	16 MINI WHEATS LITTLE BITES Plain Donut Blended Fruit Juice	17 BANANA MUFFIN Grape Juice
20 FROSTED FLAKES (LOW SUGAR/WHOLE GRAIN) WG Animal Grahams Apple Juice	21 RAISIN BRAN (WHOLE GRAIN) Plain Bagel Orange Juice	22 BLUEBERRY MUFFIN Blended Fruit Juice	23 CORN POPS WG Cinnamon Breakfast Square Grape Juice	24 RICE KRISPIES Lemon Muffin Orange Juice
27 NO SCHOOL	28 CRISPIX WG Apple Breakfast Square Blended Fruit Juice	29 FROSTED MINI WHEATS (WHOLE GRAIN) Cherry Muffin Apple-Cranberry Juice	30 CORN FLAKES WG Apple Waffle Crackers Orange Juice	31 RAISIN BRAN (WHOLE GRAIN) Chocolate Chip Pumpkin Muffin Blended Fruit Juice

*** ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK.

*** MENU SUBJECT TO CHANGE.

THANK YOU!



School Nutrition Employee Week~ May 6-10

Serving up healthy meals to students is not easy! School Nutrition Employee Week celebrates the folks who make sure our kids get the nourishment they need each day to have the energy to learn and function in

school.

School meals are required to follow strict regulations from the USDA which require lower fat, saturated fat, sugar and sodium. Meals must also follow calorie limits and guidelines for protein, whole grains, fruits and vegetables.

Be sure to thank your school nutrition worker today!



Need more School Lunch News?



Preferred Meal Systems, Inc.



www.preferredmealsystems.com

How do you Power Up?

What do you do to increase your energy? Let us know at info@preferredmealsystems.com Write "POWER" 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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