





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>CHICKEN VEGGIE WG SPAGHETTI Cinnamon Applesauce</p>	<p>POPCORN CHICKEN PARMESAN WITH WG PASTA Romaine Lettuce Fresh Orange</p>	<p>RIB-B-QUE W/ POTATO WEDGES Maple Baked Beans WW Hamburger Bun Fresh Banana</p>
<p>TACO MEAT WG Tortilla Rounds Refried Beans Applesauce Cup</p>	<p>WG CHICKEN NUGGETS W/SWEET POTATO DELIGHT Whole Kernel Corn Mixed Fruit Cup Whole Grain Breadstick</p>	<p>MACARONI & CHEESE (WHOLE WHEAT) Green Beans Fresh Baby Carrots Fresh Pear</p>	<p>HOT DOG WW Hot Dog Bun Potato Wedges Fresh Apple</p>	<p>WG PIZZA DIPPERS Marinara Dipping Sauce Romaine Lettuce Pineapple Cup</p>
<p>BAKED CHICKEN NUGGETS (WHOLE GRAIN) Whole Grain Breadstick Potato Rounds Peach Cup</p>	<p>SPAGHETTI W/ MEATSAUCE (WHOLE GRAIN) Broccoli Pineapple Cup</p>	<p>MEATBALLS W/ TOMATO SAUCE WW Hot Dog Bun Maple Baked Beans Fresh Pear</p>	<p>SALISBURY STEAK W/GRAVY MASHED POTATOES WHOLE KERNEL CORN Whole Wheat Bread Fresh Orange</p>	<p>FRENCH BREAD CHEESE PIZZA Romaine Lettuce Applesauce Cup</p>
<p>WG MINI CORN DOGS & WG CHICKEN FUN MIX French Fries Mixed Fruit Cup</p>	<p>BBQ CHICKEN WW Hamburger Bun Diced Carrots Diced Pear Cup</p>	<p>CHEESE RAVIOLI WITH GREEN BEANS Cinnamon Applesauce</p>	<p>WG PIZZA DIPPERS Marinara Dipping Sauce Romaine Lettuce Fresh Orange</p>	<p>TURKEY BURGER WITH POTATO WEDGES Maple Baked Beans WW Hamburger Bun Fresh Banana</p>
<p>NO SCHOOL</p>	<p>WW PEPPERONI PIZZA Green Beans Applesauce Cup</p>	<p>CRISPY CHICKEN FILLET (WHOLE GRAIN) Maple Baked Beans Fresh Baby Carrots WW Hamburger Bun Fresh Pear</p>	<p>CHARBROILED HAMBURGER WW Hamburger Bun Potato Wedges Fresh Apple</p>	<p>WW ROTINI BAKE WITH MEATSAUCE Romaine Lettuce Pineapple Cup</p>

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

*** MENU SUBJECT TO CHANGE.

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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