





# November 2012 Lunch



Jacksonville Lighthouse

LN - Lunch K-8

Monday	Tuesday	Wednesday	Thursday	Friday
	Download our news- letter <i>The Preferred Word</i> here:  Or visit Kids Corner on our website!   <a href="http://www.preferredmealsystems.com">www.preferredmealsystems.com</a>		<b>WG PIZZA DIPPERS</b> Marinara Dipping Sauce Romaine Lettuce Pineapple Cup	<b>CHEESEBURGER</b> Tri Tators Fresh Pear WW Hamburger Bun
<b>WG 3 CHEESE PANINI</b> French Fries Funky Fruit Punch Applesauce (all natural)	<b>WW PEPPERONI PIZZA</b> Broccoli Pineapple Cup	<b>CHARBROILED HAMBURGER</b> Maple Baked Beans Fresh Baby Carrots Fresh Pear WW Hamburger Bun	<b>BEEF BURRITO</b> Salsa Cup Romaine Lettuce Peach Cup	<b>NO SCHOOL</b>
<b>NO SCHOOL</b>	<b>WG MINI CORN DOGS &amp; WG CHICKEN FUN MIX WITH POTATOES</b> Peas Mixed Fruit Cup	<b>MEATBALLS &amp; WG PASTA IN CREAMY TOMATO SAUCE AND BROCCOLI</b> Whole Grain Breadstick Fresh Orange	<b>WW CHEESE PIZZA</b> Romaine Lettuce Diced Pear Cup	<b>SLOPPY JOE</b> Maple Baked Beans Fresh Apple WW Hamburger Bun
<b>WW PEPPERONI PIZZA</b> Three Bean Salad Applesauce Cup	<b>TURKEY W/STUFFING GRAVY &amp; MASHED POTATOES</b> Fresh Baby Carrots Mixed Fruit Cup	<b>NO SCHOOL</b>	<b>Thanksgiving</b>	<b>NO SCHOOL</b>
<b>POPCORN CHICKEN</b> French Fries 100% Frozen Juice Cup	<b>WG SPAGHETTI &amp; MEATBALLS</b> Broccoli Pineapple Cup Whole Grain Breadstick	<b>HOT DOG</b> Maple Baked Beans Fresh Baby Carrots Fresh Banana WW Hot Dog Bun	<b>WG PIZZA DIPPERS</b> Marinara Dipping Sauce Romaine Lettuce Peach Cup	<b>SALISBURY STEAK W/GRAVY MASHED POTATOES WHOLE KERNEL CORN</b> Fresh Orange WW Hamburger Bun

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

**Tell us what you think!** What's your favorite vegetable? Write us at [info@preferredmealsystems.com](mailto:info@preferredmealsystems.com) Please write "Veggie" in subject line. Be sure to include your name, grade, school and town. See results at [www.preferredmealsystems.com](http://www.preferredmealsystems.com)

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