



OCTOBER

BREAKFAST

VIEW YOUR MENUS AT: PREFERREDMEALSMENU.COM

JACKSONVILLE LIGHTHOUSE CHARTER SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
October 2, 2017	October 3, 2017	October 4, 2017	October 5, 2017	October 6, 2017
APPLE JACKS ^ Vanilla Waffle Square ^ Craisins Grape Juice Choice of Milk	BEEF SAUSAGE ON A BISCUIT ^ Diced Peaches Blended Fruit Juice Assorted Jelly Choice of Milk	VANILLA YOGURT Granola ^ Fresh Apple Choice of Milk	MAPLE PANCAKES ^ Fresh Banana Orange Juice Choice of Milk	FROSTED MINI WHEATS ^ Animal Grahams ^ Fresh Apple Choice of Milk
October 9, 2017	October 10, 2017	October 11, 2017	October 12, 2017	October 13, 2017
NO SCHOOL	STRAWBERRY BANANA YOGURT Granola ^ Craisins Apple-Cranberry Juice Choice of Milk	FROSTED FLAKES ^ Graham Crackers ^ Fresh Apple Choice of Milk	EGG & CHEESE BAGEL ^ Fresh Orange Blended Fruit Juice Choice of Milk	CINNAMON CHEX ^ French Toast Breakfast Bar ^ Fresh Apple Choice of Milk
October 16, 2017	October 17, 2017	October 18, 2017	October 19, 2017	October 20, 2017
GOLDEN GRAHAM CEREAL ^ Strawberry Pancake Square ^ Craisins Orange Juice Choice of Milk	SCRAMBLED EGGS ENGLISH MUFFIN ^ Diced Pears Grape Juice Choice of Milk	COCOA PUFFS ^ Vanilla Waffle Square ^ Fresh Apple Choice of Milk	FRENCH TOAST STICKS ^ Fresh Banana Apple-Cranberry Juice Syrup Choice of Milk	MOZZARELLA CHEESE STICK Blueberry Muffin ^ Fresh Apple Choice of Milk
October 23, 2017	October 24, 2017	October 25, 2017	October 26, 2017	October 27, 2017
RICE KRISPIES ^ Maple Breakfast Square ^ Craisins Blended Fruit Juice Choice of Milk	PANCAKES ^ Orange Juice Cinnamon Applesauce Syrup Choice of Milk	MOZZARELLA CHEESE STICK Tropical Mini Loaf ^ Fresh Apple Choice of Milk	BREAKFAST BURRITO ^ Fresh Orange Mixed Fruit Cup Salsa Choice of Milk	CINNAMON FLAKES ^ French Toast Breakfast Square ^ Fresh Apple Choice of Milk
October 30, 2017	October 31, 2017	November 1, 2017	November 2, 2017	November 3, 2017
APPLE JACKS ^ Vanilla Waffle Square ^ Craisins Grape Juice Choice of Milk	BEEF SAUSAGE ON A BISCUIT ^ Diced Pears Blended Fruit Juice Assorted Jelly Choice of Milk			

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

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

10/9 **PREPARE** for a great day
Make Yours Count **10/10**

HAPPY HALLOWEEN

PREFERRED MEALS

preferredmeals

10/12 **NEW MENU ITEM**
 10/4



OCTOBER

VIEW YOUR MENUS AT: PREFERREDMEALSMENU.COM

LUNCH

JACKSONVILLE LIGHTHOUSE CHARTER SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
October 2, 2017	October 3, 2017	October 4, 2017	October 5, 2017	October 6, 2017
BAKED CHICKEN NUGGETS ^ French Fries Diced Peas Ketchup BBQ Sauce Choice of Milk	CHEESE PIZZA ^ Broccoli Orange Sorbet 100% Juice Choice of Milk	*NATIONAL TACO DAY! TACO MEAT Salsa Cup Soft Tortilla ^ Pineapple Tidbits Choice of Milk	CRISPY CHICKEN FILLET ^ Hamburger Bun ^ Taco Beans Fresh Baby Carrots Light Ranch Dressing Sliced Apples BBQ Sauce Choice of Milk	BAGEL DOG ^ Tropical Veggie Juice Fresh Banana Mustard Ketchup Choice of Milk
October 9, 2017	October 10, 2017	October 11, 2017	October 12, 2017	October 13, 2017
NO SCHOOL	*BREAKFAST FOR LUNCH* FRENCH TOAST STICKS W/SAUSAGE ^ Golden Potato Rounds Blended Fruit Juice Ketchup Syrup Choice of Milk	*Build Your Own Wrap* BUFFALO CHICKEN Soft Tortilla ^ Maple Baked Beans Pickle Chips Diced Peaches Choice of Milk	*NEW ITEM* CHICKEN RANCH FLATBREAD ^ Green Beans Fresh Baby Carrots Fat Free Ranch Dressing Sliced Apples Choice of Milk	*BUILD A BETTER BURGER* CHEESEBURGER Hamburger Bun ^ Romaine Lettuce Pickle Chips Jalapenos Fat Free Ranch Dressing Mixed Fruit Cup Ketchup Sriracha Ketchup Choice of Milk
October 16, 2017	October 17, 2017	October 18, 2017	October 19, 2017	October 20, 2017
CHICKEN TENDERS W/SWEET POTATO PUFFS ^ Maple Baked Beans Applesauce Cup BBQ Sauce Ketchup Choice of Milk	HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Diced Carrots Blended Fruit Juice Mustard Ketchup (2) Choice of Milk	BBQ CHICKEN Hamburger Bun ^ Green Beans Diced Peaches Choice of Milk	CHEESE PIZZA ^ Romaine Lettuce Light Ranch Dressing Sliced Apples Choice of Milk	MEATLOAF PANINI ^ French Fries Fresh Banana Ketchup Choice of Milk
October 23, 2017	October 24, 2017	October 25, 2017	October 26, 2017	October 27, 2017
MEATLESS MONDAY** PIZZA DIPPERS ^ Marinara Dipping Sauce Garden Vegetables Applesauce Cup Choice of Milk	CHICKEN FRIES W/TRI TATORS ^ Whole Kernel Corn Mixed Fruit Cup BBQ Sauce Ketchup Choice of Milk	*NEW ITEM* RANCH TURKEY BURGER Hamburger Bun ^ Maple Baked Beans Pickle Chips Fresh Banana Ketchup Choice of Milk	*MAKE YOUR OWN SALAD DAY* POPCORN CHICKEN ^ Romaine Lettuce Cucumbers Light Ranch Dressing Grape Juice Choice of Milk	ROTINI BAKE WITH MEATSAUCE ^ Green Beans Fresh Pear Raspberry Cookies Choice of Milk
October 30, 2017	October 31, 2017	November 1, 2017	November 2, 2017	November 3, 2017
BAKED CHICKEN NUGGETS ^ French Fries Orange Juice Ketchup BBQ Sauce Choice of Milk	CHEESE PIZZA ^ Broccoli Diced Peaches Choice of Milk			

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10/9 PIZZA DAY
Make Yours Own

HAPPY HALLOWEEN



PREFERRED MEALS

preferredmeals

10/12 MEAT MEANS MEAT

10/4