



JACKSONVILLE LIGHTHOUSE CHARTER SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
October 3, 2016	October 4, 2016	October 5, 2016	October 6, 2016	October 7, 2016
CHICKEN TENDERS W/SWEET POTATO PUFFS Peas & Carrots Applesauce Cup BBQ Sauce Ketchup Choice of Milk	SLOPPY JOE Hamburger Bun Potato Rounds Grape Juice Ketchup Choice of Milk	CHICKEN QUESO BURRITO Salsa Cup Refried Beans Fresh Orange Choice of Milk	CHEESE PIZZA Romaine Lettuce Light Italian Dressing Mixed Fruit Cup Choice of Milk	RIB B QUE Hamburger Bun Whole Kernel Corn Fresh Banana Multi Grain Sun Chips Choice of Milk
October 10, 2016	October 11, 2016	October 12, 2016	October 13, 2016	October 14, 2016
	*TRY IT TUESDAY! MEATBALL SUB Hot Dog Bun Sweet Maple Butter Carrots Diced Peaches Choice of Milk	CRISPY CHICKEN FILLET Hamburger Bun Taco Beans Fresh Baby Carrots Fat Free Ranch Dressing Fresh Banana BBQ Sauce Choice of Milk	CHEESEBURGER MAC Country Blend Vegetables Sliced Apples Choice of Milk	PEPPERONI PIZZA WRAP Fresh Broccoli Fat Free Ranch Dressing Pineapple Tidbits Choice of Milk
October 17, 2016	October 18, 2016	October 19, 2016	October 20, 2016	October 21, 2016
CHICKEN DIPPERS W/TOMATO PARMESAN SAUCE Garden Peas Mixed Fruit Cup Choice of Milk	CHEESE PIZZA Broccoli Pineapple Tidbits Choice of Milk	*BREAKFAST FOR LUNCH* PANCAKES & SAUSAGE Golden Potato Rounds Orange Juice Syrup Ketchup Choice of Milk	SANTA FE CHICKEN Tortilla Chips Whole Kernel Corn Fresh Banana Choice of Milk	*FRESH FEATURE FRIDAY* CHARBROILED HAMBURGER Hamburger Bun Maple Baked Beans Green Pepper Strips Light Ranch Dressing Fresh Pear Ketchup Mustard Choice of Milk
October 24, 2016	October 25, 2016	October 26, 2016	October 27, 2016	October 28, 2016
FOOD DAY CHICKEN WINGS Southwest Corn Orange Sorbet 100% Juice BBQ Sauce Pumpkin Chocolate Chip Mini Loaf Choice of Milk	TURKEY BURGER WITH POTATO WEDGES Hamburger Bun Green Beans Strawberry Applesauce Ketchup Mustard Choice of Milk	PIZZA DIPPERS Marinara Dipping Sauce Romaine Lettuce Fat Free Ranch Dressing Mixed Fruit Cup Choice of Milk	HOT DOG W/ POTATO ROUNDS Hot Dog Bun Maple Baked Beans Sliced Apples Mustard Ketchup Choice of Milk	*AROUND THE WORLD DAY* TASTE OF ITALY! ROTINI BAKE WITH MEATSAUCE Italian Mixed Vegetables Fresh Banana Lemon Cookie Choice of Milk
October 31, 2016	November 1, 2016	November 2, 2016	November 3, 2016	November 4, 2016
CHICKEN TENDERS WITH POTATO WEDGES Peas & Carrots Applesauce Cup BBQ Sauce Ketchup Choice of Milk				

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

*** MENU SUBJECT TO CHANGE.

*** This institution is an equal opportunity provider.

Mediterranean Green Beans

LUNCH

Italian Rotini Bake

Rib-B-Que

AROUND THE WORLD DAY: WHAT FLAVOR OF THE WORLD DO YOU WANT TO TASTE?



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Make Your Own Parfait VANILLA YOGURT Granola Craisins Grape Juice Choice of Milk	BEEF SAUSAGE ON A BISCUIT Diced Peaches Blended Fruit Juice Choice of Milk	FROSTED FLAKES (LOW SUGAR) French Toast Breakfast Square Fresh Apple Choice of Milk	STRAWBERRY PANCAKES Fresh Banana Orange Juice Choice of Milk	RICE KRISPIES Animal Grahams Fresh Apple Choice of Milk
October 10, 2016	October 11, 2016	October 12, 2016	October 13, 2016	October 14, 2016
	WAFFLES Diced Pears Orange Juice Syrup Choice of Milk	Mozzarella Cheese Stick Blueberry Muffin Fresh Apple Choice of Milk	Fresh Orange Blended Fruit Juice BREAKFAST TOASTED CHEESE ON WHOLE WHEAT BREAD Choice of Milk	GOLDEN GRAHAM CEREAL Cinnamon Sky Minis Fresh Apple Choice of Milk
October 17, 2016	October 18, 2016	October 19, 2016	October 20, 2016	October 21, 2016
CINNAMON TOAST CRUNCH Raspberry Cookies Craisins Blended Fruit Juice Choice of Milk	BREAKFAST BURRITO Mixed Fruit Cup Grape Juice Taco Sauce Choice of Milk	COCOA PUFFS Maple Breakfast Square Fresh Apple Choice of Milk	PANCAKES Fresh Pear Orange Juice Syrup Choice of Milk	STRAWBERRY YOGURT Peach Mini Loaf Fresh Apple Choice of Milk
October 24, 2016	October 25, 2016	October 26, 2016	October 27, 2016	October 28, 2016
NEW ITEM APPLE JACKS REDUCED SUGAR Cherry Breakfast Bar Craisins Orange Juice Choice of Milk	FRENCH TOAST STICKS Pineapple Tidbits Grape Juice Syrup Choice of Milk	Mozzarella Cheese Stick Banana Muffin Fresh Apple Choice of Milk	CHICKEN BISCUIT Fresh Orange Blended Fruit Juice Honey Choice of Milk	MINI WHEATS LITTLE BITES Graham Crackers Fresh Apple Choice of Milk
October 31, 2016	November 1, 2016	November 2, 2016	November 3, 2016	November 4, 2016
VANILLA YOGURT Craisins Grape Juice Cinnamon Sky Cookie Choice of Milk				

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BREAKFAST

Pumpkin Chocolate Chip Bakeroo

Peach Bakeroo

Make Your Own Parfait Day

