

PREFERRED MEALS

September BREAKFAST

JACKSONVILLE LIGHTHOUSE CHARTER SCHOOL

Monday August 28, 2017	Tuesday August 29, 2017	Wednesday August 30, 2017	Thursday August 31, 2017	Friday September 1, 2017
				APPLE JACKS REDUCED SUGAR Graham Crackers Fresh Banana Diced Pears Choice of Milk
September 4, 2017	September 5, 2017	September 6, 2017	September 7, 2017	September 8, 2017
NO SCHOOL	FROOT LOOPS REDUCED SUGAR Vanilla Waffle Square Craisins Grape Juice Choice of Milk	MOZZARELLA STRING CHEESE Strawberry Pancake Square Fresh Apple Choice of Milk	MAPLE PANCAKES Fresh Banana Orange Juice Choice of Milk	FROSTED FLAKES (LOW SUGAR) Animal Grahams Fresh Apple Choice of Milk
September 11, 2017	September 12, 2017	September 13, 2017	September 14, 2017	September 15, 2017
CINNAMON TOAST CRUNCH Graham Crackers Craisins Diced Pears Choice of Milk	CHICKEN BISCUIT Pineapple Tidbits Grape Juice Honey Choice of Milk	VANILLA YOGURT Banana Muffin Fresh Apple Choice of Milk	WAFFLES Fresh Orange Blended Fruit Juice Syrup Choice of Milk	MINI WHEATS LITTLE BITES French Toast Breakfast Bar Fresh Apple Choice of Milk
September 18, 2017	September 19, 2017	September 20, 2017	September 21, 2017	September 22, 2017
RICE KRISPIES Strawberry Pancake Square Craisins Pineapple Tidbits Choice of Milk	TURKEY HAM & CHEESE ON ENGLISH MUFFIN Mixed Fruit Cup Orange Juice Choice of Milk	MOZZARELLA STRING CHEESE Peach Mini Loaf Fresh Apple Choice of Milk	FRENCH TOAST STICKS Fresh Banana Diced Pears Syrup Choice of Milk	NO SCHOOL
September 25, 2017	September 26, 2017	September 27, 2017	September 28, 2017	September 29, 2017
Make Your Own Parfait STRAWBERRY YOGURT Granola Craisins Diced Peaches Choice of Milk	WHOLE GRAIN PANCAKES Cinnamon Applesauce Blended Fruit Juice Syrup Choice of Milk	GOLDEN GRAHAM CEREAL Cherry Breakfast Bar Fresh Apple Choice of Milk	CHICKEN BISCUIT Fresh Orange Mixed Fruit Cup Honey Choice of Milk	COCOA PUFFS Graham Crackers Fresh Apple 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.



PREFERRED MEALS

September

JACKSONVILLE LIGHTHOUSE CHARTER SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
August 28, 2017	August 29, 2017	August 30, 2017	August 31, 2017	September 1, 2017

POPCORN CHICKEN
Tropical Veggie Juice
Diced Peaches
BBQ Sauce
Choice of Milk

September 4, 2017	September 5, 2017	September 6, 2017	September 7, 2017	September 8, 2017
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NO SCHOOL

*NATIONAL CHEESE PIZZA DAY!
CHEESE PIZZA
Garden Vegetables
Orange Sorbet 100% Juice
Choice of Milk

MINI CORN DOGS & CHICKEN FUN MIX
French Fries
Diced Peas
Ketchup
BBQ Sauce
Choice of Milk

AROUND THE WORLD DAY
SWEET & SOUR MEATBALLS
W/PINEAPPLE BROCCOLI & BROWN RICE
Whole Kernel Corn
Sliced Apples
Choice of Milk

CRISPY CHICKEN FILLET
Hamburger Bun
Taco Beans
Fresh Baby Carrots
Fat Free Ranch Dressing
Fresh Banana
BBQ Sauce
Choice of Milk

September 11, 2017	September 12, 2017	September 13, 2017	September 14, 2017	September 15, 2017
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CHICKEN DIPPERS
W/TOMATO PARMESAN SAUCE
Green Beans
Diced Peaches
Choice of Milk

BREAKFAST FOR LUNCH
PANCAKES & SAUSAGE
Golden Potato Rounds
Orange Juice
Syrup
Ketchup
Choice of Milk

PEPPERONI PIZZA
Romaine Lettuce
Light Ranch Dressing
Mixed Fruit Cup
Choice of Milk

MACARONI & CHEESE
Mixed Vegetables
Fresh Pear
Choice of Milk

FRESH FEATURE FRIDAY
CHARBROILED HAMBURGER
Hamburger Bun
Maple Baked Beans
Green Pepper Strips
Light Ranch Dressing
Fresh Orange
Ketchup
Choice of Milk

September 18, 2017	September 19, 2017	September 20, 2017	September 21, 2017	September 22, 2017
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CHICKEN TENDERS
W/SWEET POTATO PUFFS
Whole Kernel Corn
Applesauce Cup
BBQ Sauce
Ketchup
Choice of Milk

HOT DOG W/
POTATO ROUNDS
Hot Dog Bun
Maple Baked Beans
Diced Peaches
Mustard
Ketchup (2)
Choice of Milk

BBQ CHICKEN
Hamburger Bun
Diced Carrots
Diced Peas
Choice of Milk

NEW ITEM
MEATLOAF PANINI
Mixed Vegetables
Fresh Banana
Ketchup
Choice of Milk

NO SCHOOL

September 25, 2017	September 26, 2017	September 27, 2017	September 28, 2017	September 29, 2017
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MEATLESS MONDAY**
PIZZA DIPPERS
Marrnara Dipping Sauce
Garden Vegetables
Orange Juice
Choice of Milk

CHICKEN QUESO BURRITO
Salsa Cup
Refried Beans
Pineapple Tidbits
Choice of Milk

NEW ITEM
TURKEY BURGER
WITH POTATO WEDGES
Hamburger Bun
Whole Kernel Corn
Fresh Banana
Ketchup
Chipotle Ranch
Choice of Milk

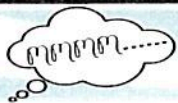
MAKE YOUR OWN SALAD DAY
POPCORN CHICKEN
Romaine Lettuce
Cucumbers
Light Ranch Dressing
Applesauce Cup
Choice of Milk

PENNE PASTA
W/MEAT SAUCE
Green Beans
Fresh Pear
Chocolate Chip Minis
Choice of Milk

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NEW SCHOOL YEAR, NEW MENU!!!

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