

**Childrens
Lighthouse of
West Cary**

**Monday
20**

**Tuesday
21**

**Worldwide
Wednesday
22**

**Thursday
23**

**Friday
24**

Breakfast

**French toast
Pineapples
Milk**

**Sausage biscuit
(V) Vegan Patty
Blueberries
Milk**

**Corn Flakes
Apples
Milk**

**Vanilla yogurt
Mixed fruit
Milk**

**Cheerios
Strawberries
Milk**

Lunch

**Chef Salad w/
Grilled Chicken
Ranch Dressing
(DF)Italian Dressing
Sliced apples
Milk**

**Black beans &Rice
Corn
Mandarins
Milk**

**Pizza
(V) Pasta with Marinara
Green beans
Pineapples
Milk**

**Hamburgers
(V) Veggie Patty
Mashed potatoes
Apples sauce
Milk**

**Fish taco's
Seasoned fries
(V)cheese quesadilla
Milk**

**Afternoon
Snack**

**Bananas
Graham Crackers
Water**

**Nutrigrain bars
Pretzels
Water**

**Cheese&Crackers
(DF) Sunbutter
Water**

**Goldfish
(V) Animal Crackers
Pears
Water**

**Mixed Fruit
Veggie Straws
Water**

DF= Dairy Free

V=Vegetarian

T=Toddler Substitute

