

SAMPLE MENU

Vegetarian options available

MONDAY

Cheese Pizza
Broccoli
Apple Slices

TUESDAY

Chicken and Cheese Soft Tacos
Black Beans
Red Bell Pepper Slices

WEDNESDAY

Chicken Nuggets
Spanish Rice with Peas and Corn
Diced Melon

THURSDAY

Macaroni with Meat Sauce
Chopped Garden Salad with Dressing
Fresh Fruit

FRIDAY

Fish Sticks
Mashed Potatoes
Green Beans
Orange slices

SNACKS

Multi-grain Bagel w/Cream Cheese
Orange Slices | Lemon Pretzel Thins
Whole Wheat Waffles w/Powdered Sugar & Berries
Warm Naan Bread | Hummus
Rice Cakes w/Sun Butter & 100% Fruit Spread
Yogurt | Apple Slices
Overnight Oatmeal w/Toppings
Whole Wheat Crackers | Mild Cheddar Cheese
Multi-Grain English Muffin w/ Fruit Spread | Apples
Mixed Fresh Fruit | Whole Wheat Gold Fish



**CHILDRENS'
LIGHHOUSE**