

A vibrant rainbow arches across a bright blue sky filled with fluffy white clouds. Below the sky, a field of tall green grass stretches across the foreground, with a line of trees and distant hills visible on the horizon.

# **Childrens Lighthouse April Menu 2021**

April 2021	Monday 5	Tuesday 6	World Wide Wednesday 7	Thursday 8	Friday 9
Breakfast		Vanilla Yogurt Blueberries  **DF: Sausage Patty**	Oatmeal Fresh Apple Slices Milk  **DF, GF: Sausage Patty**	Scrambled Egg Toast w/ Grape Jam Oranges Milk  **EF: Sausage Patty** **GF: Use GF Bread**	Sausage Biscuit Tropical Fruit Milk  **Veg: Plain Biscuit** **GF,DF: Sausage Patty**
Lunch		Baked Ziti Tropical Fruit Caesar Salad Milk  **DF, GF: Pasta Marinara**	Sesame Seed Chicken w/ White Rice Mandarin Oranges Peas & Carrots Milk  **Veg: Fried Rice**	Salisbury Steak Tater Tots Pears Milk  **DF: No Gravy** **Veg: Veggie Burger**	Chicken Sandwich Broccoli Peaches Milk  **Veg: Grilled Cheese** **GF:GF Bun**
Afternoon Snack  7		String Cheese Rice Cakes Water  **DF: Veggie Straws**	Nutri Grain Bar Applesauce Water  **GF, DF: Fig Bar**	Graham Crackers Fruit Cup Water	Snackivity: Buzzing Bees, Honeycomb Cereal Peaches Water  **DF: Applesauce**

**\* Substitution for children with allergies \***

<b>April 2021</b>	<b>Monday 12</b>	<b>Tuesday 13</b>	<b>World Wide Wednesday 14</b>	<b>Thursday 15</b>	<b>Friday 16</b>
<b>Breakfast</b>	English Muffin w/ Jelly Peaches Milk **EF: Sausage Patty** **GF: GF Bread**	Cheese Grits Mixed Fruit Milk **DF: No Cheese**	Waffle Pineapples Milk **GF,DF: Waffle**	Blueberry Bagel w/ Cream Cheese Applesauce Milk	Kix Cereal Bananas Milk **GF, DF: Waffle**
<b>Lunch</b>	Chef's Salad: Ham, Cherry Tomatoes, Cheese, Croutons, Lettuce Pineapple Milk **Veg: No Meat** **DF: No Cheese**	Turkey Meatball Subs Fresh Apple Slices Carrots Milk **Veg: Veggie Burger**	Chicken Greek Gyro Corn Mixed Fruit Milk **Veg: No Chicken**	Chicken Alfredo Pasta Mixed w/ Broccoli Peaches Milk **DF: Pasta Marinara** **Veg: No Chicken**	BBQ Chicken Sliders Pears Green Beans Milk **Veg: Grilled Cheese**
<b>Afternoon Snack</b>	Vanilla Yogurt Bananas Water **DF: Crackers**	Fig Bar Pears Water	Oatmeal Cookies Applesauce Water	Mandarin Oranges Graham Crackers Water	Snackivity: Banana Butterflies, w/ pretzels Water

**\*\* Substitution for children with allergies\*\***



<b>April 2021</b>	<b>Monday 19</b>	<b>Tuesday 20</b>	<b>World Wide Wednesday 21</b>	<b>Thursday 22</b>	<b>Friday 23</b>
<b>Breakfast</b>	Bagel w/ Strawberry Cream Cheese Peaches Milk <b>**DF: Use Applebutter**</b>	Scrambled Eggs w/ Applebutter Toast Pineapples Milk <b>**EF: Sausage Patty**</b>	French Toast Sticks Pears Milk <b>**GF, DF: Sausage Patty**</b>	Fruit Smoothie w/ Graham Crackers <b>**GF,DF: Use Soy Milk**</b>	Corn Flakes Cereal Bananas Milk <b>**GF, DF: Cheerios**</b>
<b>Lunch</b>	Sunbutter & Honey Sandwich Carrots w/ Ranch Bananas Milk <b>** GF: GF Bread**</b> <b>**No Honey for Toddlers**</b>	Mac & Cheese California Broccoli Blend Fresh Apple Slices Milk <b>**GF: GF Pasta**</b> <b>**DF: Pasta w/ Meat Sauce</b>	Beef-a-roni Side Salad Tropical Fruit Milk <b>**Veg: Veggie Burger**</b> <b>**DF: No Cheese**</b>	Fish Sticks Vegetable Blend Peaches Milk <b>**GF: Chicken Parm**</b>	Grilled Chicken Nuggets Sweet Potato Tater Tots Orange Wedges Milk <b>**Veg: Pasta**</b> <b>**GF,DF: Chicken Nuggets**</b>
<b>Afternoon Snack</b>	Pretzels w/ Hummus Water	Goldfish Applesauce Water <b>**GF,DF: Oatmeal Cookies**</b>	Nutri Grain Bar Mixed Fruit Water <b>**GF. DF: Fig Bar**</b>	Veggie Straws Mandarin Oranges Water	Snackivity: Fruit Cones, Ice Cream Cones Mixed Fruit Water

**\*\* Substitution for children with allergies\*\***

<b>April 2021</b>	<b>Monday 26</b>	<b>Tuesday 27</b>	<b>World Wide Wednesday 28</b>	<b>Thursday 29</b>	<b>Friday 30</b>
<b>Breakfast</b>	Oatmeal w/ Blueberries Milk	Waffles w/ Strawberries Milk  **DF: Waffles**	Cheerios Bananas Milk	Blueberry Muffins Mandarin Oranges Milk  **DF: English Muffin**	Fruit Parfait w/ Yogurt, Fresh Fruit Crushed Graham Crackers  **DF: No Yogurt**
<b>Lunch</b>	Mac & Cheese Tomato & Cucumber Salad Milk  **DF: Pasta w/ Marinara**	Grilled Cheese Tomato Soup Oranges Milk  **DF: Sunbutter Sandwich**	Chicken Soft Taco w/ Black Beans & Corn Pears Milk  **Veg: Black Bean Taco**	Chicken Sandwich Fresh Apple Slices Seasoned French Fries Milk  **Veg: Veggie Burger**	Pepperoni Pizza Steamed Broccoli Tropical Fruit Milk  **DF: Pasta w/ Garlic Sauce**
<b>Afternoon Snack</b>	Vanilla Pudding Animal Crackers Water  ** DF: Fruit Cup**	Vanilla Wafers Tropical Fruit Water  **DF: Oatmeal Cookies**	Chex Mix Applesauce Water	Graham Crackers Vanilla Yogurt Water  **DF: Applesauce**	Snackivity: Rainbows, Fruit loops Mini Marshmallows Water

**\*\* Substitution for children with allergies\*\***

# Infant Menu

<b>April 2021</b>	<b>Monday 5</b>	<b>Tuesday 6</b>	<b>World Wide Wednesday 7</b>	<b>Thursday 8</b>	<b>Friday 9</b>
<b>Breakfast</b>		Vanilla Yogurt Blueberries	Oatmeal Applesauce Milk	Scrambled Egg Toast w/ Grape Jam Milk	Deconstructed Sausage Biscuit Apricots Milk
<b>Lunch</b>		Baked Ziti Tropical Fruit Green Beans Milk	Sweet & Sour Chicken Mandarin Oranges Peas & Carrots Milk	Salisbury Steak Tater Tots Dinner Roll Pears Milk	Deconstructed Chicken Sandwich Broccoli Peaches Milk
<b>Afternoon Snack</b>		String Cheese Crackers Water	Nutri Grain Bar Applesauce Water	Graham Crackers Fruit Cup Water	Cheerios Peaches Water



# Infant Menu

<b>April 2021</b>	<b>Monday 12</b>	<b>Tuesday 13</b>	<b>World Wide Wednesday 14</b>	<b>Thursday 15</b>	<b>Friday 16</b>
<b>Breakfast</b>	Toast w/ Sunbutter Peaches Milk	Cheese Grits Peaches Milk	Waffle Apricots Milk	Blueberry Bagel w/ Cream Cheese Applesauce Milk	Cheerios Cereal Bananas Milk
<b>Lunch</b>	Deconstructed Turkey & Cheese Sandwich Pineapple Milk	Turkey Meatball Subs Applesauce Carrots Milk	Deconstructed Chicken Greek Gyro Peas Mixed Fruit Milk	Chicken Alfredo Pasta Mixed w/ Broccoli Peaches Milk	Deconstructed BBQ Chicken Sliders Apricots Green Beans Milk
<b>Afternoon Snack</b>	Vanilla Yogurt Bananas Water	Fig Bar Pears Water	Oatmeal Cookies Applesauce Water	Mandarin Oranges Graham Crackers Water	Vanilla Wafers Mixed Fruit Cup Water

# Infant Menu

<b>April 2021</b>	<b>Monday 19</b>	<b>Tuesday 20</b>	<b>World Wide Wednesday 21</b>	<b>Thursday 22</b>	<b>Friday 23</b>
<b>Breakfast</b>	Bagel w/ Strawberry Cream Cheese Peaches Milk	Scrambled Eggs w/ Applebutter Toast Pineapples Milk	French Toast Sticks Pears Milk	Deconstructed Fruit Smoothie w/ Graham Crackers	Cheerios Cereal Bananas Milk
<b>Lunch</b>	Sunbutter Sandwich Carrots w/ Ranch Bananas Milk	Mac & Cheese California Broccoli Blend Applesauce Milk	Beef-a-roni Side Salad Tropical Fruit Milk	Fish Sticks Vegetable Blend Applesauce Milk	Grilled Chicken Nuggets Sweet Potato Tater Tots Orange Wedges Milk
<b>Afternoon Snack</b>	Crackers w/ Hummus Water	Goldfish Applesauce Water	Nutri Grain Bar Mixed Fruit Water	Veggie Straws Mandarin Oranges Water	String Cheese Graham Crackers Water



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<b>April 2021</b>	<b>Monday 26</b>	<b>Tuesday 27</b>	<b>World Wide Wednesday 28</b>	<b>Thursday 29</b>	<b>Friday 30</b>
<b>Breakfast</b>	Oatmeal w/ Blueberries Milk	Waffles w/ Strawberries Milk	Cheerios Bananas Milk	Blueberry Muffins Mandarin Oranges Milk	Fruit w/ Yogurt Crushed Graham Crackers
<b>Lunch</b>	Mac & Cheese Peas & Carrots Milk	Grilled Cheese Tomato Soup Fresh Pineapples Milk	Deconstructed Chicken Soft Taco w/ Black Beans Pears Milk	Deconstructed Chicken Sandwich Applesauce Seasoned French Fries Milk	Cheese Pizza Cooked Carrots Melon Milk
<b>Afternoon Snack</b>	Vanilla Pudding Animal Crackers Water	Vanilla Wafers Fruit Cups Water	Goldfish Applesauce Water	Graham Crackers Vanilla Yogurt Water	Crackers Pears Water