



CHILDREN'S
LIGHTHOUSE
EARLY LEARNING SCHOOL

August 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Breakfast: Oatmeal w/ Berries Lunch: Hamburger Helper Vegetarian: Mac N Cheese Peas & Peaches Snack: CheX Mix	2 Breakfast: French Toast Sticks Lunch: Chopped BBQ Sandwich Vegetarian: Grilled Cheese Sandwich Mixed Vegetables & Pineapple Snack: Graham Crackers & Sun Butter
5 Breakfast: Pancakes w/ Strawberries Lunch: Lasagna Vegetarian: Veggie Lasagna Salad & Pineapple Snack: Cheese & Ritz Crackers	6 Breakfast: Biscuit & Turkey Sausage Lunch: Chicken Nuggets Vegetarian: Veggie Nuggets Sweet Potato Fries & Fruit Cocktail Snack: Cottage Cheese & Peaches	7 Breakfast: Cheese Toast Lunch: Steak Fingers w/ Gravy Vegetarian: Veggie Patty w/ Gravy Mashed Potatoes & Pears Snack: Pita Chips & Hummus	8 Breakfast: Cheerios w/ Berries Lunch: Chicken Fajitas Vegetarian: Veggie Nuggets Green Beans & Apple Slices Snack: Goldfish & Apple Juice	9 Breakfast: Jelly Toast Lunch: Nachos Vegetarian: Same Salad & Peaches Snack: Veggie Straws
12 Breakfast: Waffles w/ Strawberries Lunch: Cheese Enchiladas Vegetarian: Same Refried Beans & Pineapple Snack: Chips w/ Salsa	13 Breakfast: Toast w/ Sun Butter Lunch: Chicken Patty Sandwich Vegetarian: Veggie Burger Sandwich Mixed Vegetables & Mandarin Oranges Snack: Yogurt w/ Bananas	14 Breakfast: Cheesy Hashbrowns Lunch: Spaghetti w/ Sauce Vegetarian: Same Peas & Fruit Cocktail Snack: Animal Crackers w/ Apple Juice	15 Breakfast: Oatmeal Lunch: Macaroni & Cheese Vegetarian: Same Green Beans & Apple Sauce Snack: CheX Mix	16 Breakfast: Cinnamon Toast Lunch: Fish Sticks Vegetarian: Veggie Nuggets Mashed Potatoes & Peaches Snack: Carrot Sticks w/ Ranch
19 Breakfast: Pancakes w/ Peaches Lunch: Turkey & Cheese Sandwich Vegetarian: Cheese Sandwich Cucumbers w/ Ranch & Apple Slices Snack: Veggie Straws w/ Apple Juice	20 Breakfast: Cheese Toast Lunch: Chopped BBQ Sandwich Vegetarian: Veggie Nuggets Vegetarian Baked Beans & Pears Snack: Graham Crackers & Sun Butter	21 Breakfast: Biscuits w/ Turkey Sausage Lunch: Chicken Quesadillas Vegetarian: Cheese Quesadillas Salad & Pineapple Snack: Goldfish w/ Apple Juice	22 Breakfast: Bagel w/ Cream Cheese Lunch: Lasagna Vegetarian: Veggie Lasagna Salad w/ Ranch & Mandarin Oranges Snack: Pita Chips w/ Hummus	23 Breakfast: Life Cereal w/ Berries Lunch: Cheese Pizza Vegetarian: Same Green Beans & Fruit Cocktail Snack: Fruit Bars w/ Apple Juice
26 Breakfast: Cheesy Hashbrowns Lunch: Strogonoff Vegetarian: Strogonoff Green Beans & Apple Sauce Snack: Yogurt & Bananas	27 Breakfast: Oatmeal Lunch: Fish Sticks Vegetarian: Veggie Nuggets Sweet Potato Fries & Pineapple Snack: Cheese & Ritz Crackers	28 Breakfast: Cinnamon Toast Lunch: Vegetarian Hamburger Helper Vegetarian: Same Peas & Peaches Snack: Cottage Cheese & Mandarin Oranges	29 Breakfast: Waffles w/ Strawberries Lunch: BBQ Baked Potato Vegetarian: Cheesy Baked Potato Vegetarian Baked Beans & Pears Snack: CheX Mix	30 Breakfast: French Toast Sticks Lunch: Chicken Alfredo Vegetarian: Alfredo Broccoli & Fruit Cocktail Snack: Veggie Straws w/ Apple Juice