

CHILDREN'S LIGHTHOUSE EARLY LEARNING SCHOOL AUGUST 2023







Mon- Waffles Tues- Chocolate Chip Muffins Wed-Biscuits & Jelly Thurs-Bagels & Cream Cheese Fri- Cheese Wheat Toast A	July 31 Chicken & Cheese Quesadilla Corn Mixed Fruit Milk or Water	1 Hamburger w/ Pickles Vegetarian Baked Beans Pineapple Milk or Water	Chicken Alfredo Green Beans Peaches Milk or Water	Chicken Crispitos Spanish Rice w/ Sweet Corn Fresh Banana Milk or Water	Cheese Pizza Salad Applesauce Milk or Water	Mon- Goldfish Tues- Ritz Crackers Wed- Teddy Grahams Thurs-Fruit Bars Fri- Chef's Choice
Mon- French Toast Tues- Cinnamon Muffins Wed- Biscuits & Jelly Thurs-Bagels & Cream Cheese Fri- Cheese Wheat Toast B	7 Chicken Sandwich Buttered Carrots Mandarin Oranges Milk or Water	Macaroni and Cheese Green Beans Peaches Milk or Water	9 Baked Spaghetti w/ Meat Marinara Mixed Vegetables Diced Pears Milk or Water	Turkey & Cheese Wraps Carrots w/ Ranch Fresh Banana Milk or Water	Chicken Nuggets Mashed Potatoes Mixed Vegetables Diced Pears Milk or Water	Mon- Granola Bars Tues- Fresh Sliced Apples Wed-Cheez Its Thurs-Ritz Crackers Fri- Chef's Choice
Mon- Cinnamon Rolls Tues- Pancakes Wed- Sausage Biscuit Thurs- Chef's Choice Fri- Cinnamon Toast C	Chili Macaroni Peas & Carrots Mixed Fruit Milk or Water	Beef Meatballs w/ Brown Gravy & Rice Green Beans Mandarin Oranges Milk or Water	Chicken Fajitas Vegetarian Refried Beans Pineapple Milk or Water	Salisbury Steak Gravy & Rice Mixed Vegetables Peaches Milk or Water	BBQ Chicken Broccoli Applesauce Milk or Water	Mon- Granola Bars Tues- Fresh Sliced Apples Wed- Teddy Grahams Thurs-Cheez Its Fri- Chef's Choice
Mon- Waffles Tues- Chocolate Chip Muffins Wed-Biscuits & Jelly Thurs-Bagels & Cream Cheese Fri- Cheese Wheat Toast A	21 Chicken & Cheese Quesadilla Corn Mixed Fruit Milk or Water	Hamburger w/ Pickles Vegetarian Baked Beans Pineapple Milk or Water	Chicken Alfredo Green Beans Peaches Milk or Water	Chicken Crispitos Spanish Rice w/ Sweet Corn Fresh Banana Milk or Water	Cheese Pizza Salad Applesauce Milk or Water	Mon- Goldfish Tues- Ritz Crackers Wed- Teddy Grahams Thurs-Fruit Bars Fri- Chef's Choice
Mon- French Toast Tues- Cinnamon Muffins Wed- Biscuits & Jelly Thurs-Bagels & Cream Cheese Fri- Cheese Wheat Toast B	28 Chicken Sandwich Buttered Carrots Mandarin Oranges Milk or Water	Macaroni and Cheese Green Beans Peaches Milk or Water	30 Baked Spaghetti w/ Meat Marinara Mixed Vegetables Diced Pears Milk or Water	31 Turkey & Cheese Wraps Carrots w/ Ranch Fresh Banana Milk or Water	Sept. 1 Chicken Nuggets Mashed Potatoes Mixed Vegetables Diced Pears Milk or Water	Mon- Granola Bars Tues- Fresh Sliced Apples Wed-Cheez Its Thurs-Ritz Crackers Fri- Chef's Choice



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