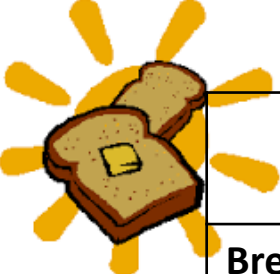


Childrens Lighthouse Menu – 2019

Menu A



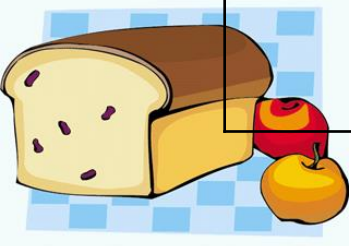
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Cereal for Rooms 3-8 will rotate Cheerios, Rice Krispies, Corn Flakes, Kix & Life	Bananas Cereal w/ Milk	Strawberries w/ Yogurt	Raisins Cereal w/ Milk	Blueberries Cereal w/ Milk	Mixed Berries w/ Yogurt
AM Snack	Cinnamon Raisin Bread	Rice Cakes String Cheese Sticks	Fresh Baked Fruit Muffins	Bagel & Cream Cheese	Pancakes w/ Mandarin Oranges
Lunch	Cheeseburger ⁺ Fresh Carrots w/ Ranch Dip Orange Slices Milk	Chicken Nuggets ⁺ Mashed Potatoes Corn Applesauce Milk	Spaghetti w/ Meatballs & Marinara ⁺ Peas & Carrots Pineapples Milk	Turkey & Rice Tetrazzini ⁺ Green Beans Peaches Milk	Cheese Pizza Fresh Mixed Vegetables w Ranch Dip Bananas Milk
PM Snack	Vanilla Wafers w/ Cream Cheese	Pretzels & Hummus	Animal Crackers w/ Fresh Apples Slices	Graham Crackers w/ Apple Butter Spread	Fruit Fig Bars

* Variety of cereals offered for school age

+ Vegetarian options available

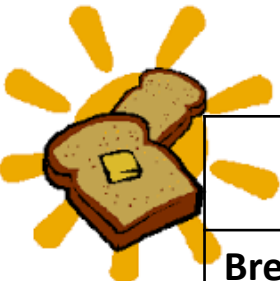
Water is served with all meals

5:30 snack served consists of Animal Crackers



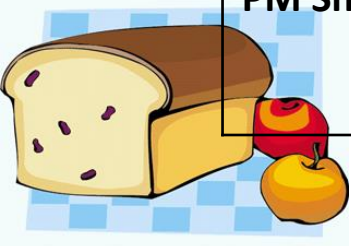
Childrens Lighthouse Menu – 2019

Menu B



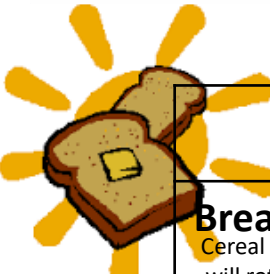
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Cereal for Rooms 3-8 will rotate Cheerios, Rice Krispies, Corn Flakes, Kix & Life	Bananas Cereal w/ Milk	Strawberries w/ Yogurt	Raisins Cereal w/ Milk	Blueberries Cereal w/ Milk	Mixed Berries w/ Yogurt
AM Snack	Buttermilk Biscuits & Turkey Sausage	Fresh Baked Fruit Muffins	Whole Wheat Cinnamon Toast Orange Slices	Whole Wheat English Muffins & String Cheese	Waffles Pears
Lunch	Baked Mac & Cheese Peas & Carrots Peaches Milk	Steak Fingers ⁺ Mashed Potatoes Green Beans Mixed Fruit Milk	Chicken Spaghetti ⁺ Corn Applesauce Milk	Chicken and Cheese Fajitas Refried Beans Mixed Salad Mandarin Oranges Milk	Turkey & Cheese Sandwich on Whole Wheat ⁺ Mixed Veggies w/ Ranch dip Bananas Milk
PM Snack	Wheat Thins and Hummus	American Cheese Slices & Ritz Crackers	Goldfish Crackers	Graham Crackers & Apple Slices	Soft Fruit Cereal Bar

* Variety of cereals offered for school age
+ Vegetarian options available
Water is served with all meals
5:30 snack served consists of Animal Crackers



Childrens Lighthouse Menu – 2019

Menu C



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Cereal for Rooms 3-8 will rotate Cheerios, Rice Krispies, Corn Flakes, Kix & Life	Bananas Cereal w/ Milk	Strawberries w/ Yogurt	Raisins Cereal w/ Milk	Blueberries Cereal w/ Milk	Mixed Berries w/ Yogurt
AM Snack	French Toast Sticks Mandarin Oranges	Bagels w/ Strawberry Fruit Spread	English Muffin w/ Turkey Sausage	Fresh Baked Fruit Muffins	Whole Wheat Cheddar Cheese Toast
Lunch	Chicken Sandwich Tossed Salad w/ Dressing Vegetarian Baked Beans Tropical Fruit Milk	Chicken Alfredo+ Peas & Carrots Peaches Milk	Grilled Cheese Sandwich Fresh Mixed Vegetables w/ Ranch Dip Orange Slices Milk	Turkey, Bean & Cheese Taco Spanish Vegetable Rice Pineapple Milk	Meatballs and Rice w/ brown gravy Cooked Mixed Veggies Bananas Milk
PM Snack	Vanilla Wafers w/ Cream Cheese	Whole Grain Pretzels Apple Slices	Graham Crackers w/ Apple Butter Spread	Fresh Baked Chocolate Chip Cookies	Carrots w/ Ranch Mozzarella Cheese Sticks

* Variety of cereals offered for school age

+ Vegetarian options available

Water is served with all meals

5:30 snack served consists of Animal Crackers

