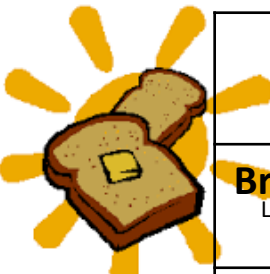
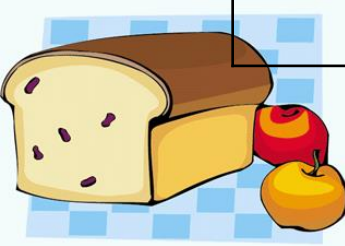


Childrens Lighthouse Menu A



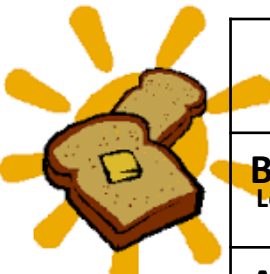
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Low Sugar Cereals	Fruit Cereal w/ Milk	Fruit Yogurt	Fruit Cereal w/ Milk	Fruit Cereal w/ Milk	Fruit w/ Yogurt
AM Snack	Cinnamon Raisin Bread	Rice Cakes String Cheese Sticks	Fresh Baked Fruit Muffins	Bagel & Cream Cheese	Whole Grain Pancakes w/ Mandarin Oranges
Lunch	Cheeseburger on Whole Wheat Bun ⁺ Fresh Carrots w/ Ranch Dip Orange Slices Milk +Veggie Burger	Grilled Chicken Nuggets ⁺ Mashed Potatoes Corn Applesauce Milk +Veggie Nuggets	Spaghetti w/ Meatballs & Marinara ⁺ Peas & Carrots Pineapples Milk +Veggie Meatballs	Chicken & Wild Rice ⁺ Green Beans Peaches Milk +Veggie Crumble	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	Fresh Baked Oatmeal Raisin Cookies	Fruit Fig Bars



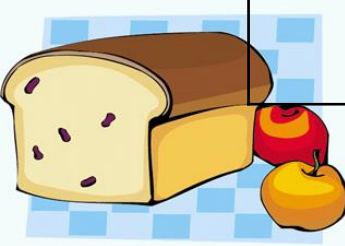
- * Variety of cereals offered for school age
- + Vegetarian options available
- Water is served with all meals

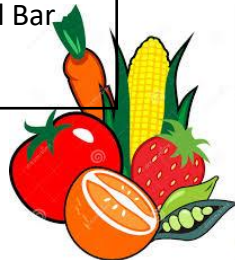


Childrens Lighthouse Menu B



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Low Sugar Cereals	Fruit Cereal w/ Milk	Fruit Yogurt	Fruit Cereal w/ Milk	Fruit Cereal w/ Milk	Fruit Yogurt
AM Snack	Buttermilk Biscuits & Turkey Sausage+ +Veggie Patty	Fresh Baked Fruit Muffins	Whole Wheat Cinnamon Toast Orange Slices	Whole Wheat English Muffins String Cheese	Whole Grain Waffles Pears
Lunch	Baked Mac & Cheese Peas & Carrots Peaches Milk	Steak Fingers+ Mashed Potatoes Green Beans Mixed Fruit Milk +Veggie Eggrolls	Chicken Spaghetti Casserole+ Corn Applesauce Milk +Veggie Nuggets	Chicken Fajita Pitas+ Vegetarian Refried Beans Mixed Salad Mandarin Oranges Milk +Veggie Crumble Taco	Turkey & Cheese Sandwich on Whole Wheat+ Mixed Veggies w/ Ranch dip Bananas Milk +Cheese Sandwich
PM Snack	Wheat Thins & 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



Childrens Lighthouse Menu C



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Low Sugar Cereal	Fruit Cereal w/ Milk	Fruit Yogurt	Fruit Cereal w/ Milk	Fruit Cereal w/ Milk	Fruit Yogurt
AM Snack	French Toast Sticks Mandarin Oranges	Fresh Baked Fruit Muffins	English Muffin w/ Turkey Sausage+ +Veggie Patty	Bagels w/ Strawberry Fruit Spread	Whole Wheat Cheddar Cheese Toast
Lunch	Chicken Sandwich Whole Wheat Bun + Tossed Salad w/ Dressing Vegetarian Baked Beans Tropical Fruit Milk +Veggie Burger	Chicken Alfredo+ Peas & Carrots Peaches Milk +Veggie Nuggets	Grilled Cheese Sandwich Fresh Mixed Vegetables w/ Ranch Dip Orange Slices Milk	Ground Turkey, Bean & Cheese Taco+ Spanish Vegetable Rice Pineapple Milk +Veggie Crumble Taco	Meatballs+ Stroganoff Cooked Mixed Veggies Bananas Milk +Veggie Meatballs
PM Snack	Carrots w/ Ranch & Mozzarella Cheese Sticks	Whole Grain Pretzels Apple Slices	Graham Crackers w/ Apple Butter Spread	Fresh Baked Chocolate Chip Cookies	Vanilla Wafers w/ Cream Cheese

* Variety of cereals offered for school age

+ Vegetarian options available

Water is served with all meals

