



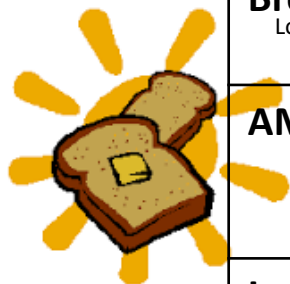
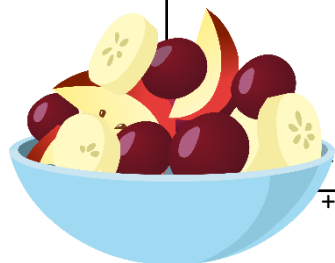
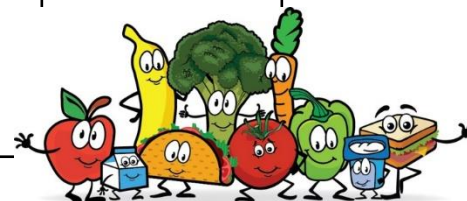
Childrens Lighthouse Menu A

	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	Blueberry Breakfast Toast	Cinnamon Toast Rice Cakes Cheese Sticks	Fresh Baked Fruit Muffins	Bagel & Turkey Sausage+ Patty +veggie patty	Whole Grain Pancakes w/ Diced Pears
Lunch	Cheeseburger on Whole Wheat Bun ⁺ Vegetarian Baked Beans Orange Slices Milk +Veggie Burger	Grilled Chicken Nuggets ⁺ Mashed Potatoes Corn Applesauce Milk +Veggie Nuggets	Chicken Fried Rice+ Veggie Egg Rolls Mandarin Oranges Milk +Omit Chicken	Chicken & Wild Rice ⁺ Green Beans Peaches Milk +Veggie Chicken	Turkey & Cheese Pita Pocket Mixed Veggies w/ Ranch dip Bananas Milk +Sun Butter & Jelly Sandwich
PM Snack	Chewy Granola Bars	Fresh Baked Oatmeal Raisin Cookies	Animal Crackers Apple Slices	Pretzels Orange Slices	Fruit Fig Bars

Variety of cereals offered for school age

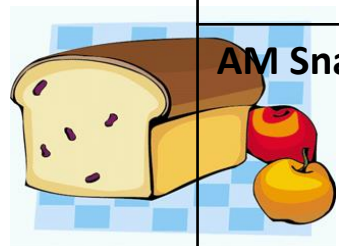
+ Vegetarian options available

Water is served with all meals



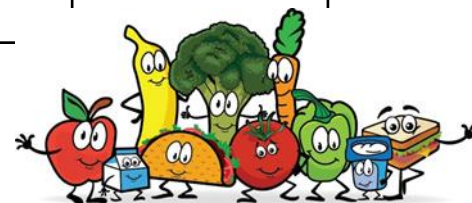


Childrens Lighthouse Menu B



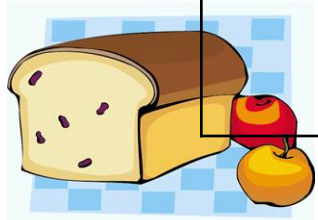
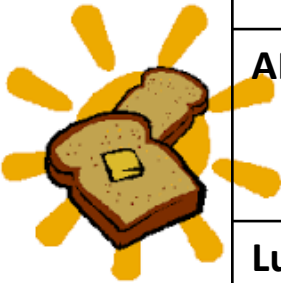
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Low Sugar Cereals	Fruit Cereal w/ Milk	Fruit Yogurt	Fruit Cereal w/ Milk	Fruit Cereal w/ Milk	Fruit Yogurt
AM Snack	Buttermilk Biscuits & Turkey Sausage+ +Veggie Patty	Fresh Baked Fruit Muffins	Whole Wheat Cinnamon Toast Fresh Orange Slices	Whole Wheat English Muffins String Cheese	Whole Grain Waffles Pears
Lunch	Fish Sticks+ Shells & Cheese Peas & Carrots Peaches Milk +Omit Fish Sticks	Steak Fingers+ Mashed Potatoes Green Beans Mixed Fruit Milk +Veggie Eggrolls	Spaghetti w/ Meatballs & Marinara + Corn Pineapples Milk +Veggie Meatballs	Beef Tacos Vegetarian Refried Beans Mixed Salad Mandarin Oranges Milk +Veggie Crumble Taco	Cheese Pizza+ Fresh Mixed Vegetables w Ranch Dip Bananas Milk +Sun Butter & Jelly Sandwich
PM Snack	Wheat Crackers Orange slices	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 Bananas	Fresh Baked Fruit Muffins	English Muffin w/ Turkey Sausage+ +Veggie Patty	Bagels w/ Apple Slices	Whole Wheat Cheddar Cheese Toast & Fresh Orange Slices
Lunch	Chicken Sandwich Whole Wheat Bun + Tossed Salad w/ Dressing Corn Tropical Fruit Milk +Veggie Burger	Chicken & Broccoli Alfredo+ Peas & Carrots Peaches Milk +Veggie Nuggets Plain Alfredo	Grilled Cheese Sandwich+ Fresh Mixed Vegetables w/ Ranch Dip Orange Slices Milk +Sun Butter & Jelly Sandwich	Chicken Fajita Quesadilla+ Spanish Vegetable Rice Pineapple Milk +Veggie Chicken Taco	Meatballs+ Stroganoff Green Beans Bananas Milk +Veggie Meatballs
PM Snack	Carrots w/ Ranch & Mozzarella Cheese Sticks	Whole Grain Pretzels Apple Slices	Graham Crackers w/ Sun Butter Spread	Fresh Baked Chocolate Chip Cookies	Fruit Fig Bars

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

