

Childrens Lighthouse Menu – 2017

Menu A



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cinnamon Raisin Bread & Pears Milk	Blueberry Muffins Milk	Breakfast Sandwich w/ Turkey Sausage & Biscuit* Milk	Cereal Milk	Pancakes w/ Fresh Bananas Milk
AM Snack**	Healthy Snack	Healthy Snack	Healthy Snack	Healthy Snack	Healthy Snack
Lunch	Cheeseburger* Fresh Carrots w/ Ranch Dip Apples Slices Milk	Chicken Nuggets* Mashed Potatoes Sweet Corn Mandarin Oranges Milk	Cheese Pizza Fresh Mixed Vegetables w/ Ranch Dip Orange Slices Milk	Tater Tot Casserole w/ Ground Turkey & Corn* Peaches Milk	Turkey Meatballs & Spaghetti* Green Beans Apple Slices Milk
PM Snack	Fresh Orange Slices Graham Crackers Water	Soft Fig Bar Water	Animal Crackers Water	Pudding & Vanilla Wafers Water	Apple Cinnamon Muffins Water



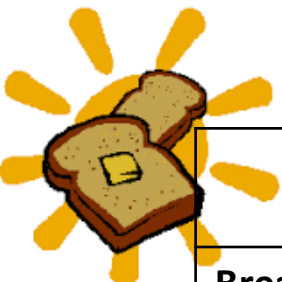
* Vegetarian options available

* AM Snack will include nut free items such as Goldfish, Graham Crackers, Ritz Crackers, String Cheese, Trail Mix, Granola Bar, etc



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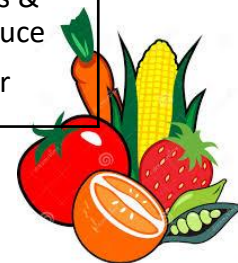
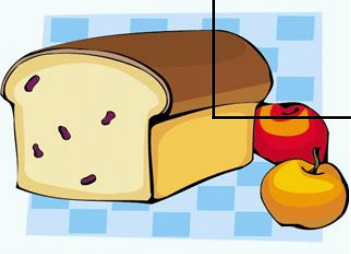
Menu B



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	French Toast w/ Apple Slices Milk	Apple Cinnamon Muffins Milk	Cereal Milk	Buttermilk Biscuits & Grape Jelly Milk	Waffles Pears Milk
AM Snack**	Healthy Snack	Healthy Snack	Healthy Snack	Healthy Snack	Healthy Snack
Lunch	Baked Mac & Cheese Broccoli Peaches Milk	Steak Fingers* Mashed Potatoes Green Beans Mixed Fruit Milk	Cheese Tortellini Corn Applesauce Milk	Chicken Quesadilla* Refried Beans & Spanish Rice Mandarin Oranges Milk	Turkey & Cheese Sandwich on Whole Wheat* Carrots w/ Ranch dip Bananas Milk
PM Snack	Soft Fruit Cereal Bar Water	Trail Mix (Nut Free) Water	Goldfish Crackers Water	Fig Bar Water	Graham Crackers & Applesauce Water

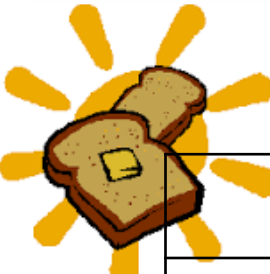
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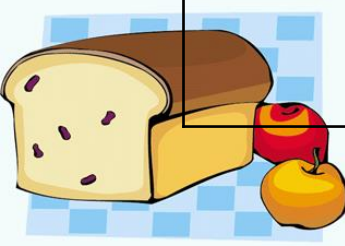


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Menu C



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast Sandwich w/ Turkey Sausage & Biscuit* Milk	Bagels & Cream Cheese Milk	French Toast Sticks Apple Slices Milk	Cereal Milk	Pancakes w/ Syrup Applesauce Milk
AM Snack**	Healthy Snack	Healthy Snack	Healthy Snack	Healthy Snack	Healthy Snack
Lunch	Cheese Pizza Tossed Salad w/ Dressing Tropical Fruit Milk	Grilled Cheese Sandwich Fresh Mixed Vegetables w/ Ranch Dip Orange Slices Milk	Chicken Alfredo* Buttered Carrots Peaches Milk	Beef & Bean Burrito* Corn Pineapple Milk	Turkey and Cheese Tortilla Wraps* Green Beans Bananas Milk
PM Snack	Mozzarella String Cheese & Ritz Crackers Water	Carrots with Ranch Dressing Oyster Crackers Water	Pretzels Apple Slices Water	Cheez-Its Water	Soft Baked Cookies Water



* Vegetarian options available

* AM Snack will include nut free items such as Goldfish, Graham Crackers, Ritz Crackers, String Cheese, Trail Mix, Granola Bar, etc

