


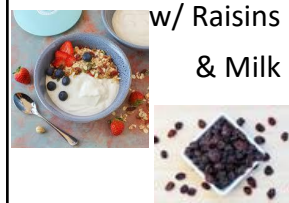












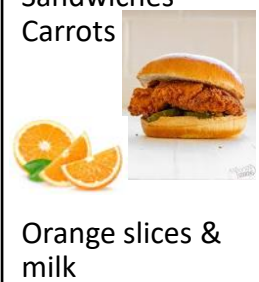
























































































Childrens Lighthouse Menu A

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 	Toasted Oats Cereal w/ Sliced Apples & Milk 	Rice Crispy Cereal w/ Diced Peaches & Milk 	Yogurt w/ Raisins & Milk 	Rice Crispy Cereal w/ Peaches & Milk 	Toasted Oat Cereal w/ Pineapple & Milk 
Warm Breakfast 	Biscuits w/sausage Diced Peaches 	Rice Cakes & Cheese sticks 	Cheese Wraps w/ Pineapples 	Blueberry muffin 	Bagel w/ Turkey Sausage 
Lunch 	Mexican Casserole Mixed Vegetable Apple Sauce & Milk 	Chicken and cheese taco Tuesday Salad Diced pears & Milk 	Turkey Wrap Corn Mandarin Oranges & Milk 	Chicken Sandwiches Carrots Orange slices & milk 	Cheese Ravioli Mixed Veggies Bananas & Milk 
PM Snack 	Saltine Crackers w/ Humus 	Fig Bars 	Animal Crackers w/ Apple Slices 	Veggie straws w/ Ranch 	Sun Chips w/ Salsa 

















Childrens Lighthouse Menu B

Meals/days	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 	Toasted Oats Cereal  w/ Apple Sauce & Milk 	Rice crispy cereal w/ Raisins and Milk  	Yogurt w/ Pineapple  	Toasted Oat Cereal  w/ Orange slices and Milk 	Toasted Oat Cereal w/ Peaches and Milk  
Warm Breakfast 	Bagels w/ Turkey  Sausage 	Fruit Muffins 	Rice Cake w/  Cheese sticks 	Wheat Waffles w/ Peaches  	Cinnamon Toast 
Lunch 	Chicken Spaghetti Mixed Vegetables   Fresh bananas  & Milk	Black Bean Taco Tuesday  Salad  Apple Sauce & Milk	Mashed potato & chicken nuggets  Mixed Vegetables Pineapple & Milk 	Beefy shells &cheese  Green Beans  Oranges & Milk 	Cheeseburger  Mix vegetables  Peaches & Milk 
PM Snack 	Graham Crackers  w/ Sun butter	String Cheese & Wheat Crackers 	Animal Crackers w/Orange Slices  	Tortilla w/ Sun butter 	Fig Bars 

<div> <div>  </div> <div> <h1>Childrens Lighthouse Menu C</h1> </div> </div>					
Meals / Days	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast <div>  <p>LOWER SUGAR CEREALS</p> </div>	Rice Crispy Cereal with milk & Peaches 	Toasted Oat Cereal & milk  Apple Sauce 	Yogurt  Fresh bananas 	Toasted Oat Cereal with milk  Orange slices 	Rice Crispy Cereal & Milk  Pineapples 
Warm Breakfast 	French Toast Sticks  Diced Pears 	Blueberry Muffins 	Waffles  Peaches 	Cheese Wraps  Apple slices 	Cinnamon Toast  Orange Slices 
Lunch 	Macaroni & Cheese milk  Peas & Carrots 	Bean & Cheese Tacos Tuesday Apple Sauce Fresh salad w/Ranch & Milk 	Chicken Tetrazzini Pineapples & Milk  	Spaghetti w/ Beef & Marinara Mixed Veggies Peaches Milk 	Spanish Rice  Applesauce Peas & Carrots Milk 
PM Snack 	Wheat Crackers & Mozzarella Cheese Slices 	Animal Crackers 	Graham Crackers w/ Sun Butter Spread 	Nutri grain 	Goldfish Crackers 



Childrens Lighthouse Menu D

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 	Chex Mix w/Blueberries  Apples & Milk	Rice Crispy Cereal  w/ Diced Peaches & Milk 	Yogurt w/ Raisins 	Hush brown & Turkey sausage  w/ Peaches & Milk 	Toasted Oat Cereal  w/ Pineapple & Milk 
AM Snack 	Biscuits w/sausage  Diced Peaches	Rice Cakes & Cheese sticks 	Cheese Wraps  w/ Pineapples 	Blueberry muffin 	Bagel w/ Turkey Sausage  
Lunch 	Chicken Alfredo Ziti  Mixed Green Salad   Apple Slices & Milk	Cheese Pizza  Carrots & Ranch   Pears & Milk	Corn Dog Bites  Mixed Green Salad  Mandarins & Milk 	 Sweet & Sour Chicken Rice  Mixed Vegetables  Sliced oranges & Milk	Cheese Quesadilla & Beans  Whole Kernal Corn  Bananas & Milk 
PM Snack 	Saltine Crackers w/ Humus 	Fig Bars 	Animal Crackers w/ Apple Slices 	Veggie straws w/ Ranch 	Sun Chips w/ Salsa 