

Children's Lighthouse School Menu

| Week A | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------------------------|---|--|--|---|---|
| Early Morning Breakfast | Cereal and Milk (Shredded Wheat) | Cereal and Milk (Rice Chex) | Cereal and Milk (WG Cheerios) | Cereal and Milk (Mini Wheat Unfrosted) | Cereal and Milk (Wheat Chex) |
| Breakfast | Oatmeal w/ Apple Slices & Milk | WG Cinnamon Raisin Bread w/ Cream Cheese, Apples & Milk | Waffles w/ Fruit Jelly Applesauce & Milk | WG Toast w/Cream Cheese Peaches & Milk | Fruit Breakfast Bars Applesauce & Milk |
| Lunch | Chicken Nuggets, Mashed Potatoes, Pear & Milk | Cheeseburgers, Tator Tots, Mandarin Oranges & Milk | Chicken Alfredo, Peas & Carrots Tropical Fruit & Milk | Red Beans & Rice w/ Turkey, Carrots Orange slices & Milk | Cheese Pizza, Corn Bananas & Milk |
| Vegetarian | Cheese Alfredo | Vegetable Burgers | Corn Nuggets | Red Beans & Rice | Cheese Pizza |
| PM Snack | Graham Cracker & Yogurt | Veggie Straws 100% Fruit juice | Ritz Crackers & Cheese | Animal Crackers Yogurt | Cheez Its 100% Fruit Juice |
| Week B | Monday | Tuesday | Wednesday | Thursday | Friday |
| Early Morning Breakfast | Cereal and Milk (Wheat Chex) | Cereal and Milk (WG Cheerios) | Cereal and Milk (Shredded Wheat) | Cereal and Milk (Rice Chex) | Cereal and Milk (Mini Wheat Unfrosted) |
| Breakfast | Oatmeal Sliced Apples & Milk | WG English Muffins w/ Grape Jelly Mandarin Oranges & Milk | Cinnamon Raisin Toast W/ Sun Butter Applesauce & Milk | Waffles Orange slices & Milk | Cheese Toast w/Bananas & Milk |
| Lunch | Baked Mac & Cheese, Green Beans Peaches & Milk | Turkey Meatballs, Potatoes w/Gravy, Baked Beans Pear & Milk | Chicken & Rice Tetrizzini, Green Peas Pineapple & Milk | Turkey Dogs on Whole Grain Buns, French Fries, Tropical Fruit & Milk | Chicken Patty Sandwich on 100% whole wheat bun, Toss Salad w/Dressing, Peaches & Milk |
| Vegetarian | Mac & Cheese | Veggies Soft Tacos w/cheese | Rice Tetrizzini | Veggie Dogs | Veggie Sandwich |
| PM Snack | Veggie Straws/100% juice | String Cheese and Crackers | Fritos/100% Fruit Juice | Animal Crackers & Yogurt | Fresh Baked Oatmeal Cookie & Milk |
| Week C | Monday | Tuesday | Wednesday | Thursday | Friday |
| Early Morning Breakfast | Cereal and Milk (WG Cheerios) | Cereal and Milk (Shredded Wheat) | Cereal and Milk (Rice Chex) | Cereal and Milk (Mini Wheat Unfrosted) | Cereal and Milk (Wheat Chex) |
| Breakfast | WG Bagels w/ Fruit Spread Mandarin Oranges & Milk | Pancakes Tropical fruit & Milk | Oatmeal Orange slices & Milk | French Toast Applesauce & Milk | Waffles w/Bananas & Milk |
| Lunch | Chicken Pasta Bake, Mixed Veggies Pineapple & Milk | Chicken Alfredo, Peas & Carrots Tropical Fruit & Milk | Chicken & Cheese Quesadillas, Green Beans, Peaches & Milk | Grilled Cheese on Whole Wheat, Carrots Pears & Milk | Spaghetti w/WG Pasta w/Meatballs, Green beans Mandarin oranges & Milk |
| Vegetarian | Cheese Pasta Bake | Pasta with Alfredo Sauce | Cheese Quesadillas | Grilled Cheese Sandwich | Spaghetti WG Pasta w/sauce |
| PM Snack | Cheez Its & 100% Fruit Juice | Wheat Thins w/Hummus | Sun Chips w/salsa | Pretzels & Apple Slices | Flavored Rice Cakes 100 % Fruit Juice |

Water is provided at Breakfast, Lunch and Snacks. Substitutions are provided for children under 24 months. Menu Substitutions or Manager's Choice (MC) are posted on the designated bulletin board. Please provide Center Director with any food allergies to any item on the menu. We do give out a late PM snack of crackers.