



Children's Lighthouse of
Apex

Weekly Plan 02 December 2024 - 06 December 2024

| Mon (2) | Tue (3) | Wed (4) | Thu (5) | Fri (6) |
|---|--|---|---|--|
| BREAKFAST whole grain cherrios, Banana , Milk | AM SNACK French toast sticks, mandarin oranges, Milk | BREAKFAST Nutrigrain Bar, Pears , Milk | AM SNACK Pancakes , Pineapple , Milk | AM SNACK toasted bagel with cream cheese, Applesauce , Milk |
| LUNCH A:Sunbutter&jelly on whole grain bread, Pears , Milk , Mixed Vegetables | LUNCH Spaghetti, Italian Bread, Broccoli , Peaches , Milk | LUNCH grilled cheese on whole grain bread, Apples, Cucumber & Carrot Mix , Milk | LUNCH Chicken Nuggets , Potato Wedges , Peas And Carrots, Strawberries , Milk, V: veggie nuggets | LUNCH Cheese Pizza , Mixed Fruit , Mixed Vegetables , Milk |
| AM SNACK Animal Crackers , Water | PM SNACK Veggie Straws, Water | PM SNACK Cheese Crackers , Water | PM SNACK Blueberry Muffin, Water | PM SNACK Fig Newton's, Water |



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Weekly Plan 09 December 2024 - 13 December 2024

| Mon (9) | Tue (10) | Wed (11) | Thu (12) | Fri (13) |
|---|--|--|---|---|
| <p>AM SNACK</p> <p>Cheerios, Bananas And Strawberries , Milk</p> | <p>AM SNACK</p> <p>Biscuit, Jelly, Strawberries , Milk</p> | <p>AM SNACK</p> <p>French toast sticks, Applesauce , Milk</p> | <p>AM SNACK</p> <p>Whole Kix Cereal Bananas & Milk</p> | <p>AM SNACK</p> <p>Peaches , Milk , Pancakes</p> |
| <p>LUNCH</p> <p>V: veggie patty, chicken patty on whole wheat bun, Mashed Potatoes , Peas And Carrots, Peaches , Milk</p> | <p>LUNCH</p> <p>Yellow Rice with Peas, Oranges, Black Beans, whole grain bread, Milk</p> | <p>LUNCH</p> <p>Turkey & Cheese Sandwich , Cucumber & Carrot Mix , Pears , Milk , V: Cheese sandwich</p> | <p>LUNCH</p> <p>Cheese Ravioli, Green Beans, Pears , garlic bread, Milk</p> | <p>LUNCH</p> <p>Sun Butter & Jelly Sandwich , Mixed Fruit , Mixed Vegetables , Milk</p> |
| <p>PM SNACK</p> <p>Animal Crackers , Water</p> | <p>PM SNACK</p> <p>Fig Newton's, Water</p> | <p>PM SNACK</p> <p>Water, Yogurt</p> | <p>PM SNACK</p> <p>Veggie Straws</p> | <p>PM SNACK</p> <p>cinnamon graham crackers, Water</p> |



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Weekly Plan 16 December 2024 - 20 December 2024

| Mon (16) | Tue (17) | Wed (18) | Thu (19) | Fri (20) |
|--|---|---|---|--|
| AM SNACK Waffles , Pineapple , Milk | AM SNACK Cheerios, Banana , Milk | AM SNACK Biscuit, Jelly, Bananas And Strawberries | AM SNACK French toast sticks, Pears , Milk | AM SNACK Nutrigrain Bar, Applesauce , Milk |
| LUNCH Green Beans, Peaches , Milk , sunbutter and jelly on whole grain bread | LUNCH vegetarian Beans, Broccoli , Pears , Milk , whole grain bread | LUNCH chicken & Cheese quesadilla, Lettuce, Tomatoes , Peaches , Milk , V: Quesadilla | LUNCH Cheese Pizza , Peas And Carrots, mandarin oranges, Milk | LUNCH Chicken Nuggets , Mixed Fruit , Mixed Vegetables , whole grain bread, Milk , V: veggie nuggets |
| PM SNACK Veggie Straws, Water | PM SNACK Animal Crackers , Water | PM SNACK Yogurt, Water | PM SNACK Pretzels, Water | PM SNACK Goldfish, Water |



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Weekly Plan 23 December 2024 - 27 December 2024

| Mon (23) | Tue (24) | Wed (25) | Thu (26) | Fri (27) |
|---|----------|----------|--|---|
| AM SNACK Whole Kix Cereal Bananas & Milk | | | AM SNACK whole grain cherrios, Bananas And Strawberries , Milk | AM SNACK French toast sticks, mandarin oranges, Milk |
| LUNCH Apple Slices, Mixed Vegetables , Milk , sunbutter and jelly on whole grain bread, Applesauce | | | LUNCH chicken patty on whole wheat bun, Mixed Fruit , Mixed Vegetables , Milk , Potato Wedges , V: veggie patty | LUNCH Spaghetti, Veggie Crumbles, Broccoli , Peaches , Italian Bread, Milk |
| PM SNACK cinnamon graham crackers, Water | | | PM SNACK Veggie Straws, Water | PM SNACK Goldfish, Water |