



Childrens Lighthouse

January 2021 Menu

January 2021	Monday 4	Tuesday 5	World Wide Wednesday 6	Thursday 7	Friday 8
Breakfast	English Muffin w/ Jelly Peaches Milk **EF: Sausage Patty** **GF: GF Bread**	Cheese Grits Mixed Fruit Milk **DF: No Cheese**	Waffle Pineapples Milk **GF,DF: Waffle**	Blueberry Bagel w/ Cream Cheese Applesauce Milk	Kix Cereal Bananas Milk **GF, DF: Waffle**
Lunch	Chef's Salad: Ham, Cherry Tomatoes, Cheese, Croutons, Lettuce Pineapple Milk **Veg: No Meat** **DF: No Cheese**	Turkey Meatball Subs Fresh Apple Slices Carrots Milk **Veg: Veggie Burger**	Chicken Greek Gyro Corn Mixed Fruit Milk **Veg: No Chicken**	Chicken Alfredo Pasta Mixed w/ Broccoli Peaches Milk **DF: Pasta Marinara** **Veg: No Chicken**	BBQ Chicken Sliders Pears Green Beans Milk **Veg: Grilled Cheese**
Afternoon Snack	Vanilla Yogurt Bananas Water **DF: Crackers**	Fig Bar Pears Water	Oatmeal Cookies Applesauce Water	Mandarin Oranges Graham Crackers Water	Snackitivity: Snowflakes Marshmallows Pretzel sticks Water

**** Substitution for children with allergies****

January 2021	Monday 11	Tuesday 12	World Wide Wednesday 13	Thursday 14	Friday 15
Breakfast	Bagel w/ Strawberry Cream Cheese Peaches Milk **DF: Use Applebutter**	Scrambled Eggs w/ Applebutter Toast Pineapples Milk **EF: Sausage Patty**	French Toast Sticks Pears Milk **GF, DF: Sausage Patty**	Fruit Smoothie w/ Graham Crackers **GF,DF: Use Soy Milk**	Corn Flakes Cereal Bananas Milk **GF, DF: Cheerios**
Lunch	Sunbutter & Honey Sandwich Carrots w/ Ranch Bananas Milk ** GF: GF Bread** **No Honey for Toddlers**	Mac & Cheese California Broccoli Blend Fresh Apple Slices Milk **GF: GF Pasta** **DF: Pasta w/ Meat Sauce	Beef-a-roni Side Salad Tropical Fruit Milk **Veg: Veggie Burger** **DF: No Cheese**	Fish Sticks Vegetable Blend Peaches Milk **GF: Chicken Parm**	Grilled Chicken Nuggets Sweet Potato Tater Tots Orange Wedges Milk **Veg: Pasta** **GF,DF: Chicken Nuggets**
Afternoon Snack	Pretzels w/ Hummus Water	Goldfish Applesauce Water **GF,DF: Oatmeal Cookies**	Nutri Grain Bar Mixed Fruit Water **GF. DF: Fig Bar**	Veggie Straws Mandarin Oranges Water	Snackitivity: Snowmen Bananas Chocolate chips Pretzels Water **DF: Veggie Straws**

**** Substitution for children with allergies****

January 2021	Monday 18	Tuesday 19	World Wide Wednesday 20	Thursday 21	Friday 22
Breakfast		Waffles w/ Strawberries Milk **DF: Waffles**	Cheerios Bananas Milk	Blueberry Muffins Mandarin Oranges Milk **DF: English Muffin**	Fruit Parfait w/ Yogurt, Fresh Fruit Crushed Graham Crackers **DF: No Yogurt**
Lunch		Grilled Cheese Tomato Soup Oranges Milk **DF: Sunbutter Sandwich**	Chicken Soft Taco w/ Black Beans & Corn Pears Milk **Veg: Black Bean Taco**	Chicken Sandwich Fresh Apple Slices Seasoned French Fries Milk **Veg: Veggie Burger**	Pepperoni Pizza Steamed Broccoli Tropical Fruit Milk **DF: Pasta w/ Garlic Sauce**
Afternoon Snack		Vanilla Wafers Tropical Fruit Water **DF: Oatmeal Cookies**	Chex Mix Applesauce Water	Graham Crackers Vanilla Yogurt Water **DF: Applesauce**	Snackitivity: Bear Toast Toast, Sunbutter Bananas Water

**** Substitution for children with allergies****

January 2021	Monday 25	Tuesday 26	World Wide Wednesday 27	Thursday 28	Friday 29
Breakfast	Pancakes Pears Milk **GF,DF: Pancakes**	Cheese Grits Peaches Milk **DF: No Cheese**	Kix Cereal Orange Slices Milk **GF: GF Bread** **DF: Use Applebutter**	Sausage Biscuit Applesauce Milk **Veg: Plain Biscuit** **GF,DF: Sausage Patty**	Bagels w/ Cream Cheese Pears Milk **EF: Sausage Patty**
Lunch	BBQ Chicken Sliders Peas Mandarin Oranges Milk **DF: Bun** **Veg: Veggie Burger**	Turkey Pinwheels Steamed Broccoli Pears Milk **Veg: No Turkey** **DF: No Cheese**	Chicken Fried Rice w/ Peas & Carrots Fresh Pineapples Milk **GF,DF: Pasta Marinara**	Turkey Meatball Sub Garden Salad Mixed Fruit Milk **Veg: Grilled Cheese**	Chicken Noodle Soup Fresh Apple Slices Milk **Veg: No Chicken**
Afternoon Snack	Goldfish Applesauce Water **DF: Oatmeal Cookies**	Veggie Straws Fruit Cup Water	Bread Sticks w/ Marianna Sauce Water **DF: Fig Bar**	Pretzels w/ Hummus Water **DF: Fruit Cup**	Snackitivity: Melting Snowman Vanilla Ice Cream, marshmallows Chocolate chips Water

**** Substitution for children with allergies****

Infant Menu

January 2021	Monday 4	Tuesday 5	World Wide Wednesday 6	Thursday 7	Friday 8
Breakfast	Toast w/ Sunbutter Peaches Milk	Cheese Grits Peaches Milk	Waffle Apricots Milk	Blueberry Bagel w/ Cream Cheese Applesauce Milk	Cheerios Cereal Bananas Milk
Lunch	Deconstructed Turkey & Cheese Sandwich Pineapple Milk	Turkey Meatball Subs Applesauce Carrots Milk	Deconstructed Chicken Greek Gyro Peas Mixed Fruit Milk	Chicken Alfredo Pasta Mixed w/ Broccoli Peaches Milk	Deconstructed BBQ Chicken Sliders Apricots Green Beans Milk
Afternoon Snack	Vanilla Yogurt Bananas Water	Fig Bar Pears Water	Oatmeal Cookies Applesauce Water	Mandarin Oranges Graham Crackers Water	Vanilla Wafers Mixed Fruit Cup Water

Infant Menu

January 2021	Monday 11	Tuesday 12	World Wide Wednesday 13	Thursday 14	Friday 15
Breakfast	Bagel w/ Strawberry Cream Cheese Peaches Milk	Scrambled Eggs w/ Applebutter Toast Pineapples Milk	French Toast Sticks Pears Milk	Deconstructed Fruit Smoothie w/ Graham Crackers	Cheerios Cereal Bananas Milk
Lunch	Sunbutter Sandwich Carrots w/ Ranch Bananas Milk	Mac & Cheese California Broccoli Blend Applesauce Milk	Beef-a-roni Side Salad Tropical Fruit Milk	Fish Sticks Vegetable Blend Applesauce Milk	Grilled Chicken Nuggets Sweet Potato Tater Tots Orange Wedges Milk
Afternoon Snack	Crackers w/ Hummus Water	Goldfish Applesauce Water	Nutri Grain Bar Mixed Fruit Water	Veggie Straws Mandarin Oranges Water	String Cheese Graham Crackers Water

Infant Menu

January 2021	Monday 18	Tuesday 19	World Wide Wednesday 20	Thursday 21	Friday 22
Breakfast		Waffles w/ Strawberries Milk	Cheerios Bananas Milk	Blueberry Muffins Mandarin Oranges Milk	Fruit w/ Yogurt Crushed Graham Crackers
Lunch		Grilled Cheese Tomato Soup Fresh Pineapples Milk	Deconstructed Chicken Soft Taco w/ Black Beans Pears Milk	Deconstructed Chicken Sandwich Applesauce Seasoned French Fries Milk	Cheese Pizza Cooked Carrots Melon Milk
Afternoon Snack		Vanilla Wafers Fruit Cups Water	Goldfish Applesauce Water	Graham Crackers Vanilla Yogurt Water	Crackers Pears Water

Infant Menu

January 2021	Monday 25	Tuesday 26	World Wide Wednesday 27	Thursday 28	Friday 29
Breakfast	Pancakes Pears Milk	Cheese Grits Peaches Milk	Cheerios Cereal Orange Slices Milk	Deconstructed Sausage Biscuit Applesauce Milk	Bagels w/ Cream Cheese Pears Milk
Lunch	Deconstructed BBQ Chicken Sliders Peas Mandarin Oranges Milk	Deconstructed Turkey Pinwheels Steamed Broccoli Pears Milk	Chicken Fried Rice w/ Peas & Carrots Fresh Pineapples Milk	Turkey Meatball Sub Green Beans Mixed Fruit Milk	Deconstructed Chicken Noodle Soup Applesauce Milk
Afternoon Snack	Goldfish Applesauce Water	Veggie Straws Fruit Cup Water	Bread Sticks w/ Marianna Sauce Water	Crackers w/ Humus Water	Graham Crackers Sunbutter Water