

July Menu

Childrens Lighthouse Of Raleigh	Monday 5	Tuesday 6	World Wide Wednesday 7	Thursday 8	Friday 9
Breakfast		Pancake Bananas Milk **DF: Cheerios**	Fruit Parfait w/ Crushed Graham Crackers **DF: Waffle**	French Toast Sticks Fresh Apple Slices Milk **DF: Sausage Patty**	Cantaloupe w/ Toast Milk
Lunch		Grilled Bacon Cheese Sandwich Tomato Soup Fresh Apple Slices Milk **DF: Turkey Sandwich** **GF: GF Bread**	Teriyaki Chicken w/ Fried Rice mixed w/ Peas & Carrots Fresh Orange Wedges (Mandarin Oranges: Toddlers) Milk **Veg: Veggie Rice**	Chicken Parm Green Beans Fresh Pineapple Milk **DF: Pasta Marinara** **GF: GF Pasta Marinara**	Swedish Meatballs Mashed Potatoes Mandarin Oranges Milk **DF: Peas & Carrots**
Afternoon Snack		Bread Sticks w/ Marianna Sauce Water	Chex Mix (Cheerios: Toddlers) Peaches Water	Fig Bar Fruit Cup Water **DF,GF: Fig bar**	Vanilla Wafers Bananas Water **GF: GF Cookies**

Substitutions are available for children with allergies.

July Menu

Childrens Lighthouse Of Raleigh	Monday 12	Tuesday 13	World Wide Wednesday 14	Thursday 15	Friday 16
Breakfast	Corn Flakes Pears Milk	Vanilla Yogurt Blueberries **DF: Sausage Patty**	Oatmeal Fresh Apple Slices Milk **DF, GF: Sausage Patty**	Scrambled Egg Toast w/ Grape Jam Oranges Milk **EF: Sausage Patty** **GF: Use GF Bread**	Sausage Biscuit Tropical Fruit Milk **Veg: Plain Biscuit** **GF,DF: Sausage Patty**
Lunch	Chicken Tenders Waffles Apple Slices Milk **Veg: Veggis Nuggets** **DF: Waffle**	Baked Ziti Tropical Fruit Caesar Salad Milk **DF, GF: Pasta Marinara**	Sesame Seed Chicken w/ White Rice Mandarin Oranges Peas & Carrots Milk **Veg: Fried Rice**	Salisbury Steak Tater Tots Pears Milk **DF: No Gravy** **Veg: Veggie Burger**	Chicken Sandwich Broccoli Peaches Milk **Veg: Grilled Cheese** **GF:GF Bun**
Afternoon Snack	Oatmeal Cookies Vanilla Yogurt Water **DF: Fruit Cup**	String Cheese Rice Cakes Water **DF: Veggie Straws**	Nutri Grain Bar Applesauce Water **GF, DF: Fig Bar**	Graham Crackers Fruit Cup Water	Veggie Straws Peaches Water **DF: Applesauce**

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July Menu

Childrens Lighthouse Of Raleigh	Monday 19	Tuesday 20	World Wide Wednesday 21	Thursday 22	Friday 23
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	Vanilla Wafers Mixed Fruit Cup Water

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July Menu

Childrens Lighthouse Of Raleigh	Monday 26	Tuesday 27	World Wide Wednesday 28	Thursday 29	Friday 30
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	String Cheese Graham Crackers Water **DF: Veggie Straws**

****Substitutions are available for children with allergies.****

July Infant Menu

Childrens Lighthouse Of Raleigh	Monday 5	Tuesday 6	World Wide Wednesday 7	Thursday 8	Friday 9
Breakfast		Pancake Bananas Milk	Fruit w/ Yogurt Crushed Graham Crackers	French Toast Sticks Applesauce Milk	Cantaloupe w/ Toast Milk
Lunch		Grilled Cheese Steamed Broccoli Applesauce Milk	Teriyaki Chicken w/ Fried Rice mixed w/ Peas & Carrots Mandarin Oranges Milk	Chicken Parm Green Beans Fresh Pineapple Milk	Swedish Meatballs Mashed Potatoes Apricots Milk
Afternoon Snack		Bread Sticks w/ Marianna Sauce Water	Cheerios Peaches Water	Fig Bar Pears Water	Vanilla Wafers Bananas Water

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July Infant Menu

Childrens Lighthouse Of Raleigh	Monday 12	Tuesday 13	World Wide Wednesday 14	Thursday 15	Friday 16
Breakfast	Cheerios Pears Milk	Vanilla Yogurt Blueberries	Oatmeal Applesauce Milk	Scrambled Egg Toast w/ Grape Jam Milk	Deconstructed Sausage Biscuit Apricots Milk
Lunch	Chicken Tenders Waffles Applesauce Milk	Baked Ziti Tropical Fruit Green Beans Milk	Sweet & Sour Chicken Mandarin Oranges Peas & Carrots Milk	Salisbury Steak Tater Tots Dinner Roll Pears Milk	Deconstructed Chicken Sandwich Broccoli Peaches Milk
Afternoon Snack	Oatmeal Cookies Vanilla Yogurt Water	String Cheese Crackers Water	Nutri Grain Bar Applesauce Water	Graham Crackers Fruit Cup Water	Veggie Straws Peaches Water

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July Infant Menu

Childrens Lighthouse Of Raleigh	Monday 19	Tuesday 20	World Wide Wednesday 21	Thursday 22	Friday 23
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

****Substitutions are available for children with allergies.****

July Infant Menu

Childrens Lighthouse Of Raleigh	Monday 26	Tuesday 27	World Wide Wednesday 28	Thursday 29	Friday 30
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

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