



# Lighthouse Café

	Week A	Week B	Week C
<b>Monday</b>	<u><b>AM Snack</b></u> Yogurt Parfait With Granola <u><b>Lunch</b></u> Cheese Pizza Broccoli Fruit <u><b>PM Snack</b></u> Bananas & Animal Crackers	<u><b>AM Snack</b></u> French Toast Sticks <u><b>Lunch</b></u> Mini Turkey Corn Dogs Broccoli Fruit <u><b>PM Snack</b></u> Goldfish Crackers	<u><b>AM Snack</b></u> Yogurt & Graham Crackers <u><b>Lunch</b></u> Chicken Sandwich Corn Fruit <u><b>PM Snack</b></u> String Cheese & Crackers
<b>Tuesday</b>	<u><b>AM Snack</b></u> Cinnamon Rolls <u><b>Lunch</b></u> Spaghetti Green Beans Fruit <u><b>PM Snack</b></u> String Cheese & Crackers	<u><b>AM Snack</b></u> Buttermilk Biscuits With Cheese <u><b>Lunch</b></u> Chicken & Rice Mixed Vegetables Fruit <u><b>PM Snack</b></u> Bananas & Animal Crackers	<u><b>AM Snack</b></u> French Toast Sticks <u><b>Lunch</b></u> Turkey & Cheese Sandwich Fresh Carrots Fruit <u><b>PM Snack</b></u> Pudding w/ Vanilla Wafers
<b>Wednesday</b>	<u><b>AM Snack</b></u> French Toast Sticks <u><b>Lunch</b></u> Chicken Nuggets Tater Tots Fruit <u><b>PM Snack</b></u> Goldfish Crackers	<u><b>AM Snack</b></u> Pancakes <u><b>Lunch</b></u> Cheeseburgers Tater Tots Fruit <u><b>PM Snack</b></u> Pudding & Vanilla Wafers	<u><b>AM Snack</b></u> Pancakes <u><b>Lunch</b></u> Pizza Mixed Vegetables Fruit <u><b>PM Snack</b></u> Bananas & Animal Crackers
<b>Thursday</b>	<u><b>AM Snack</b></u> Wheat Cheese Toast <u><b>Lunch</b></u> Beef & Bean Burrito Corn Fruit <u><b>PM Snack</b></u> Pudding & Vanilla Wafers	<u><b>AM Snack</b></u> Waffles <u><b>Lunch</b></u> Chicken Fettuccine Alfredo Green Beans Fruit <u><b>PM Snack</b></u> Cheez-It Crackers	<u><b>AM Snack</b></u> Cinnamon Rolls <u><b>Lunch</b></u> Chicken Nuggets Mashed Potatoes Fruit <u><b>PM Snack</b></u> Goldfish Crackers
<b>Friday</b>	<u><b>AM Snack</b></u> Cream Cheese Bagels <u><b>Lunch</b></u> Meatballs w/ Brown Gravy Mashed Potatoes Fruit <u><b>PM Snack</b></u> Cheez-It Crackers	<u><b>AM Snack</b></u> Wheat Cheese Toast <u><b>Lunch</b></u> Turkey & Cheese Wraps Corn Fruit <u><b>PM Snack</b></u> Apple Sauce/ Crackers	<u><b>AM Snack</b></u> Sausage Biscuit <u><b>Lunch</b></u> Spaghetti Green Beans Fruit <u><b>PM Snack</b></u> Fresh Baked Cookies

Water is provided at lunch and snacks. Milk is provided at Lunch; soy milk available upon request.

Substitutions are provided for children under 24 months of age.

Menu Substitutions or Manager's Choice ("MC") are posted on the designated bulletin board.

Please provide Center Director with any food allergies to items on the menu.



## Menu Schedule 2023

WEEK	MENU	WEEK	MENU
January 2, 2023	B	July 3, 2023	A
January 9, 2023	C	July 10, 2023	B
January 16, 2023	A	July 17, 2023	C
January 23, 2023	B	July 24, 2023	A
January 30, 2023	C	July 31, 2023	B
February 6, 2023	A	August 7, 2023	C
February 13, 2023	B	August 14, 2023	A
February 20, 2023	C	August 21, 2023	B
February 27, 2023	A	August 28, 2023	C
March 6, 2023	B	September 4, 2023	A
March 13, 2023	C	September 11, 2023	B
March 20, 2023	A	September 18, 2023	C
March 27, 2023	B	September 25, 2023	A
April 3, 2023	C	October 2, 2023	B
April 10, 2023	A	October 9, 2023	C
April 17, 2023	B	October 16, 2023	A
April 24, 2023	C	October 23, 2023	B
May 1, 2023	A	October 30, 2023	C
May 8, 2023	B	November 6, 2023	A
May 15, 2023	C	November 13, 2023	B
May 23, 2023	A	November 20, 2023	C
May 30, 2023	B	November 27, 2023	A
June 5, 2023	C	December 4, 2023	B
June 12, 2023	A	December 11, 2023	C
June 19, 2023	B	December 18, 2023	A
June 25, 2023	C	December 25, 2023	B