


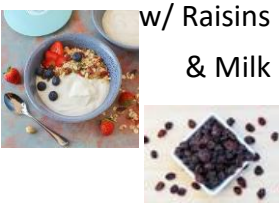
































































# Childrens Lighthouse Menu A

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> 	Toasted Oats Cereal w/ Sliced Apples & Milk 	Rice Crispy Cereal w/ Diced Peaches & Milk 	Yogurt w/ Raisins & Milk 	Rice Crispy Cereal w/ Peaches & Milk 	Toasted Oat Cereal w/ Pineapple & Milk 
<b>AM Snack</b> 	Biscuits w/sausage Diced Peaches 	Rice Cakes & Cheese sticks 	Cheese Wraps w/ Pineapples 	Blueberry muffin 	Bagel w/ Turkey Sausage 
<b>Lunch</b> 	Mexican Casserole Mixed Vegetable Apple Sauce & Milk 	Chicken and cheese taco Tuesday Salad Diced pears & Milk 	Turkey Wrap Corn Mandarin Oranges & Milk 	Chicken Sandwiches Carrots Orange slices & milk 	Cheese Ravioli Mixed Veggies Bananas & Milk 
<b>PM Snack</b> 	Saltine Crackers w/ Humus 	Fig Bars 	Animal Crackers w/ Apple Slices 	Veggie straws w/ Ranch 	Sun Chips w/ Salsa 




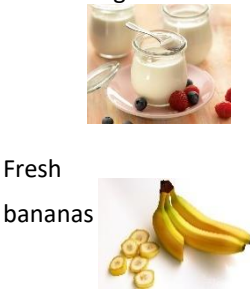





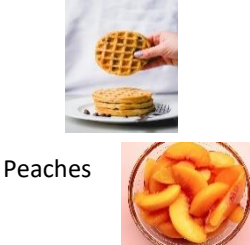

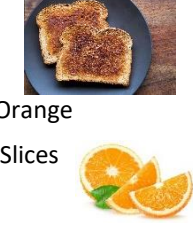




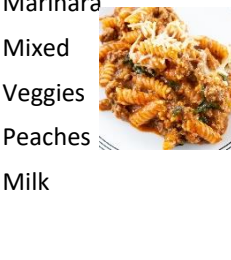
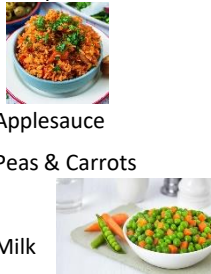







# Childrens Lighthouse Menu B

Meals/days	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> 	Toasted Oats Cereal  w/ Apple Sauce & Milk 	Rice crispy cereal w/ Raisins and Milk  	Yogurt w/ Pineapple  	Toasted Oat Cereal  w/ Orange slices and Milk 	Toasted Oat Cereal w/ Peaches and Milk  
<b>AM Snack</b> 	Bagels w/ Turkey  Sausage 	Fruit Muffins 	Rice Cake w/  Cheese sticks 	Wheat Waffles w/ Peaches  	Cinnamon Toast 
<b>Lunch</b> 	Chicken Spaghetti Mixed Vegetables   Fresh bananas  & Milk	Black Bean Taco Tuesday  Salad  Apple Sauce & Milk	Mashed potato & chicken nuggets  Mixed Vegetables Pineapple & Milk 	Beefy shells & cheese  Green Beans  Oranges & Milk 	Cheeseburger  Mix vegetables  Peaches & Milk 
<b>PM Snack</b> 	Graham Crackers  w/ Sun butter	String Cheese & Wheat Crackers 	Animal Crackers w/ Orange Slices  	Tortilla w/ Sun butter 	Fig Bars 

# Childrens Lighthouse Menu C



Meals / Days	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Breakfast</b></p>  <p>LOWER SUGAR CEREALS</p>	<p>Rice Crispy Cereal with milk &amp; Peaches</p> 	<p>Toasted Oat Cereal &amp; milk Apple Sauce</p> 	<p>Yogurt Fresh bananas</p> 	<p>Toasted Oat Cereal with milk Orange slices</p> 	<p>Rice Crispy Cereal &amp; Milk Pineapples</p> 
<p><b>AM Snack</b></p> 	<p>French Toast Sticks Diced Pears</p> 	<p>Blueberry Muffins</p> 	<p>Waffles Peaches</p> 	<p>Cheese Wraps Apple slices</p> 	<p>Cinnamon Toast Orange Slices</p> 
<p><b>Lunch</b></p> 	<p>Macaroni &amp; Cheese milk Peas &amp; Carrots</p> 	<p>Bean &amp; Cheese Tacos Tuesday Apple Sauce Fresh salad w/Ranch &amp; Milk</p> 	<p>Chicken Tetrzini Pineapples &amp; Milk</p> 	<p>Spaghetti w/ Beef &amp; Marinara Mixed Veggies Peaches Milk</p> 	<p>Spanish Rice Applesauce Peas &amp; Carrots Milk</p> 
<p><b>PM Snack</b></p> 	<p>Wheat Crackers &amp; Mozzarella Cheese Slices</p> 	<p>Animal Crackers</p> 	<p>Graham Crackers w/ Butter Spread</p> 	<p>Nutri grain</p> 	<p>Goldfish Crackers</p> 