

Childrens Lighthouse of West Cary	Monday 28	Tuesday 29	Worldwide Wednesday 30	Thursday 1	Friday 2
Breakfast	Waffles w/ Syrup Pears Milk	Turkey Sausage Hash Browns Applesauce Milk	Corn Flakes Bananas Milk	Rice Krispies Strawberries Milk	Grits Toast Mixed Fruits Milk
Lunch	Sweet and Sour Turkey Meatballs (V) Beans White Rice Pineapples Milk	Spaghetti w/ Meat Sauce (V) Spaghetti w/ Marinara Corn Mixed Fruit Milk	Rice and Beans Green Beans Peaches Milk	Hamburger w/ French Fries Applesauce (V) Plant Based Chicken Sandwich Milk	Fish Sticks (V) Red Beans Corn Sliced Apples Milk
Afternoon Snack	Sun Butter Graham Crackers Water	Goldfish Applesauce Water	Nutrigrain Bars Mandarin Oranges Water	Tortilla w/ Salsa Water	Veggie Straws Pineapple Water

DF= Dairy Free
V=Vegetarian
T=Toddler Substitute

