

Children's Lighthouse School Menu

Week A	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal and Milk	Cereal and Milk	Cereal and Milk	Cereal and Milk	Cereal and Milk
AM	French toast, fruit, and whipped topping	Buttermilk biscuits, turkey sausage	Blueberry muffins, milk	Bagels & Cream Cheese	Hash browns
Lunch	Chicken nuggets, fries, and pears	Turkey and cheese sandwich, corn, and peaches	Chicken and rice, mixed vegetables, mandarin oranges	Cheeseburger, vegetarian baked beans, pineapples	Grilled chicken salad with sliced strawberries, applesauce, breadstick
Vegetarian	Veggie nuggets	Cheese Sandwich	No chicken	Mac and cheese	Salad without chicken
PM	Cheese its After School: sun chips, banana	Pretzels After school: pretzels, applesauce	Apple cinnamon rice cake After School: Apple cinnamon rice cake and a apple	Fig bar After School: fig bar and fruit cocktail	Teddy grahams After School: teddy grahams and yogurt
Week B	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal and Milk	Cereal and Milk	Cereal and Milk	Cereal and Milk	Cereal and Milk
AM	Cinnamon Raisin Toast	Pancakes, fruit, whipped topping	Yogurt & graham crackers	Banana and turkey sausage	Cheese toast
Lunch	Chicken Alfredo, Peas, Carrots, Peaches	Baked Mac & Cheese, Peas & Carrots, Peaches	Chicken Sandwich, Tossed Salad w/Dressing, Tropical Fruit	Chicken & Cheese Quesadillas, roasted corn, Mandarin Orange Slices	Cheese pizza, tater tots, pineapples
Vegetarian	Alfredo		Grilled cheese sandwich	Cheese Quesadillas	
PM	Soft Fruit Cereal Bar After School: cereal bar and banana	String Cheese & Crackers After School: string cheese and crackers	Goldfish Crackers After School: goldfish and mandarin oranges	Graham Crackers & Applesauce After school: turkey sandwich and sun chips	Yogurt and graham crackers After School: yogurt and graham crackers
Week C	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal and Milk	Cereal and Milk	Cereal and Milk	Cereal and Milk	Cereal and Milk
AM	Toast and Jelly	Bagels w/ Fruit Spread	Waffles, fruit, whipped topping	Yogurt and graham crackers	Buttermilk biscuits and turkey sausage
Lunch					
	Spaghetti with meat sauce, Tossed Salad w/Dressing, Tropical Fruit	Chicken taquitos, veg. baked beans, peaches	Grill Cheese Sandwich, Green Beans, Orange Slices	Seasoned grill chicken, mixed vegetables, pears	Turkey sliders, onion rings, applesauce
Vegetarian	Mac and cheese	Alfredo Pasta		Salad with ranch dressing	Cheese sandwich
PM	Fig Bars After School: fig bars and fruit cocktail	Cheez- It Crackers After School: cheez-it and apple	Veggie straws After School: veggie straws and yogurt	Pretzels After School Pretzels and string cheese	Fresh Cookies After School Fresh cookies