



**CHILDRENS™
L GHTHOUSE
LEARNING CENTERS**

ABC Menus 2018/2019

Week A	AM Snack	Lunch	PM Snack
Monday	Eggs and Biscuits	Chicken strips Peas Tropical Fruit	Fresh Banana
Tuesday	Muffin Bar	Steak Fingers Mashed Potatoes Buttered Carrots Pears	Saltine Crackers & Cheese
Wednesday	French Toast Sticks w/ Syrup	Chicken Alfredo Green Beans Peaches	Cheez-it Crackers
Thursday	Cereal	Chicken Nuggets Corn Pineapple	Animal Crackers

Milk and water is provided for lunch. Water is provided for snacks.
 Breakfast is served for School age children at 7am (Serving cereal and milk)
 Substitutions are provided for under 24 months old.
 Menus are subject to change, please look for postings.



**CHILDRENS™
Lighthouse
LEARNING CENTERS**

ABC Menus 2018/2019

Friday	Yogurt and Graham Crackers	Cheese Pizza Salad W/Ranch Oranges	Fresh Apple Slices with Vanilla Yogurt
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Week B	AM Snack	Lunch	PM Snack
Monday	French Toast with Syrup	Fish Sticks Sweet Corn Peaches	Fresh Banana
Tuesday	Soft Baked Granola Bar	Savory Meatballs with Brown Gravy Mashed Potatoes Green Beans Mixed Fruit	Saltine Crackers & Cheese
Wednesday	Oatmeal with Brown Sugar	Turkey Dogs with Beans Mixed Vegetables Pears	Goldfish Crackers

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ABC Menus 2018/2019

Thursday	Eggs and Hash Brown	Sloppy Joe's Carrots Tater Tots Tropical Fruit	Soft Fruit Cereal Bar
Friday	Cheese Wheat Toast	Chicken Sandwich Baked Beans Apricots	Carrots and Ranch

Week C	AM Snack	Lunch	PM Snack
Monday	Yogurt and Graham Crackers	Cheeseburger Macaroni Buttered Carrots Mixed Fruit	Fresh Banana
Tuesday	Bagels with Cream Cheese	Chicken Nuggets Mashed Potatoes Sweet Corn Mandarin Oranges	Chex Mix

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Wednesday	Sausage w/ Biscuit	Cheese Pizza Salad W/Ranch Pineapple	Animal Crackers
Thursday	Sausage Kolache	Barbeque Sandwich Baked Beans Peaches	Cheez-it Crackers
Friday	Pancakes w/ Syrup	Turkey Spaghetti Green Beans Fresh Apple Slices	Oatmeal cookies

Substitutions

	AM Snack	Lunch	PM Snack
Monday			
Tuesday			

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ABC Menus 2018/2019

Wednesday			
Thursday			
Friday			

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