



# Children's Lighthouse

1801 Bagdad Road  
Cedar Park, TX 78613



# October 2017

Monday 10/2	Tuesday 10/3	Wednesday 10/4	Thursday 10/5	Friday 10/6
<i>am French Toast Sticks</i> <b>Turkey &amp; Cheese Wraps</b> <b>Green Beans</b> <b>Mandarin Oranges</b> <i>pm Graham Crackers</i>	<i>am Cereal with Milk</i> <b>Spaghetti with Meat Sauce</b> <b>Corn</b> <b>Pears</b> <i>pm Teddy Grahams</i>	<i>am String Cheese</i> <b>Meatballs w/ Gravy</b> <b>Steamed Rice</b> <b>Pineapple</b> <i>pm Vanilla Wafers</i>	<i>am Rice Cakes</i> <b>Chicken, Broccoli, Rice &amp; Cheese Casserole</b> <b>Mixed Fruit</b> <i>pm Tortillas w/ Cream Cheese</i>	<i>am Waffles</i> <b>Beef Fingers</b> <b>Carrots</b> <b>Tropical Fruit</b> <i>pm Fig Newtons</i>
Monday 10/9	Tuesday 10/10	Wednesday 10/11	Thursday 10/12	Friday 10/13
<i>am Bagels w/ Cream Cheese</i> <b>Mac-n-Cheese w/ Ham</b> <b>Mixed Vegetables</b> <b>Bananas</b> <i>pm Applesauce</i>	<i>am Muffins</i> <b>Chicken Spaghetti</b> <b>Broccoli</b> <b>Peaches</b> <i>pm Animal Crackers</i>	<i>am Tortilla Cheese Melts</i> <b>Salisbury Steak</b> <b>Mashed Potatoes</b> <b>Tropical Fruit</b> <i>pm Yogurt</i>	<i>am Graham Crackers</i> <b>Cheeseburger</b> <b>Spanish Rice</b> <b>Apple Slices</b> <i>pm Goldfish Crackers</i>	<i>am String Cheese</i> <b>Chicken Nuggets</b> <b>Tatertots</b> <b>Pears</b> <i>pm Pretzels</i>
Monday 10/16	Tuesday 10/17	Wednesday 10/18	Thursday 10/19	Friday 10/20
<i>am Waffles</i> <b>Chicken Spaghetti</b> <b>Corn</b> <b>Tropical Fruit</b> <i>pm Cheez-It Crackers</i>	<i>am Nutri-Grain Bars</i> <b>Cheeseburger</b> <b>Tatertots</b> <b>Pears</b> <i>pm Tortillas w/ Cream Cheese</i>	<i>am Muffins</i> <b>Chicken Nuggets</b> <b>Spanish Rice</b> <b>Peaches</b> <i>pm Rice Cakes</i>	<i>am French Toast Sticks</i> <b>Spaghetti with Meat Sauce</b> <b>Green Beans</b> <b>Pineapples</b> <i>pm Fig Newton's</i>	<i>am Cereal with Milk</i> <b>Chicken &amp; Rice Bake</b> <b>Peas</b> <b>Mandarin Oranges</b> <i>pm Animal Crackers</i>
Monday 10/23	Tuesday 10/24	Wednesday 10/25	Thursday 10/26	Friday 10/27
<i>am Graham Crackers</i> <b>Meatballs w/ Gravy</b> <b>White Rice</b> <b>Bananas</b> <i>pm Yogurt</i>	<i>am String Cheese</i> <b>Beef Fingers</b> <b>Peas</b> <b>Tropical Fruit</b> <i>pm Animal Crackers</i>	<i>am French Toast Sticks</i> <b>Turkey &amp; Cheese Wraps</b> <b>Broccoli</b> <b>Mandarin Oranges</b> <i>pm Vanilla Wafers</i>	<i>am Biscuit &amp; Sausage Link</i> <b>Chicken, Broccoli &amp; Rice Casserole</b> <b>Mixed Fruit</b> <i>pm Tortillas w/ Cream Cheese</i>	<i>am Rice Cakes</i> <b>Mac-n-Cheese w/ Ham</b> <b>Mixed Vegetables</b> <b>Pineapples</b> <i>pm Applesauce</i>
Monday 10/30	Tuesday 10/31			
<i>am Cereal with Milk</i> <b>Salisbury Steak</b> <b>Broccoli</b> <b>Peaches</b> <i>pm Graham Crackers</i>	<i>am French Toast Sticks</i> <b>Spaghetti with Meat Sauce</b> <b>Corn</b> <b>Pears</b> <i>pm Teddy Grahams</i>			

Water is served with snack.

Milk is served with lunch.