

Week Of....

May 4TH - 8TH



CHILDREN'S
LIGHTHOUSE
EARLY LEARNING SCHOOL

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	French Toast Seasonal Fruit Whole Milk (3-5) 1% Milk (6-10)	Cheerios Seasonal Fruit Whole Milk (3-5) 1% Milk (6-10)	Warm Oatmeal Blueberries Whole Milk (3-5) 1% Milk (6-10)	English Muffins Fruit Spread Whole Milk (3-5) 1% Milk (6-10)	Warm Biscuits Turkey Sausage Whole Milk (3-5) 1% Milk (6-10)
Lunch (Vegetarian and non dairy substitutions available)	Chicken Nuggets BBQ Sauce Broccoli Seasonal Fruit Whole Milk (3-5) 1% Milk (6-10)	Chicken Alfredo Steamed Peas Seasonal Fruit Whole Milk (3-5) 1% Milk (6-10)	Yellow Rice Pinto Beans Mixed Veggies Seasonal Fruit Whole Milk (3-5) 1% Milk (6-10)	Spaghetti with Meat Sauce Green Peas Seasonal Fruit Whole Milk (3-5) 1% Milk (6-10)	Turkey & Cheese Sandwiches on Whole Wheat Bread Green Beans Seasonal Fruit Whole Milk (3-5) 1% Milk (6-10)
Snack	Crackers String Cheese Water	Yogurt Animal Crackers Water	Goldfish Seasonal Fruit Water	Yogurt Animal Crackers Water	Ritz Crackers Cheddar Cheese Slices Water

Week Of....

May 11TH - 15TH



CHILDREN'S
LIGHTHOUSE
EARLY LEARNING SCHOOL

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Waffles Seasonal Fruit Whole Milk (3-5) 1% Milk (6-10)	Greek Yogurt Seasonal Fruit Whole Milk (3-5) 1% Milk (6-10)	Warm Oatmeal Seasonal Fruit Whole Milk (3-5) 1% Milk (6-10)	Bagels Cream Cheese Whole Milk (3-5) 1% Milk (6-10)	Pancakes Applesauce Whole Milk (3-5) 1% Milk (6-10)
Lunch (Vegetarian and non dairy substitutions available)	Tortilla, Turkey and Cheddar Cheese Wraps Mixed Veggies Seasonal Fruit Whole Milk (3-5) 1% Milk (6-10)	Vegetarian Fiesta Rice Bowl Pinto or Black Beans Brown Rice Corn & Mild Salsa Whole Milk (3-5) 1% Milk (6-10)	Chicken Nuggets BBQ Sauce Corn Seasonal Fruit Whole Milk (3-5) 1% Milk (6-10)	Baked Cheese Ravioli Fresh Garden Salad Garlic Toast Whole Milk (3-5) 1% Milk (6-10)	Chicken Teriyaki Bowl Brown Rice Stir Fry Veggies Seasonal Fruit Whole Milk (3-5) 1% Milk (6-10)
Snack	Pretzels Raisins Water	Veggie Straws Seasonal Fruit Water	Crackers String Cheese Water	Goldfish Crackers Seasonal Fruit Water	Ritz Crackers Sliced Cheese Water

Week Of....

May 18TH - May 22ND



CHILDREN'S
LIGHTHOUSE
EARLY LEARNING SCHOOL

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	French Toast Seasonal Fruit Whole Milk (3-5) 1% Milk (6-10)	Cheerios Seasonal Fruit Whole Milk (3-5) 1% Milk (6-10)	Warm Oatmeal Seasonal Fruit Whole Milk (3-5) 1% Milk (6-10)	English Muffins Fruit Spread Whole Milk (3-5) 1% Milk (6-10)	Warm Biscuits Turkey Sausage Whole Milk (3-5) 1% Milk (6-10)
Lunch (Vegetarian and non dairy substitutions available)	Cheese Pizza Broccoli Seasonal Fruit Whole Milk (3-5) 1% Milk (6-10)	Spaghetti and Meatballs Mixed Veggies Seasonal Fruit Whole Milk (3-5) 1% Milk (6-10)	Grilled Cheddar Sandwich Vegetable Soup Seasonal Fruit Whole Milk (3-5) 1% Milk (6-10)	Fish Sticks Mac & Cheese Green Beans Seasonal Fruit Whole Milk (3-5) 1% Milk (6-10)	Baked Ziti Ricotta Cheese Fresh Garden Salad Ranch Dressing Whole Milk (3-5) 1% Milk (6-10)
Snack	Pretzels Raisins Water	Whole Wheat Crackers String Cheese Water	Goldfish Crackers Seasonal Fruit Water	Animal Crackers Yogurt Water	Ritz Crackers Turkey Slices Cheddar Cheese Water

Week Of....

May 25TH - 29TH



CHILDREN'S
LIGHTHOUSE
EARLY LEARNING SCHOOL

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Waffles Seasonal Fruit Whole Milk (3-5) 1% Milk (6-10)	Yogurt Seasonal Fruit Whole Milk (3-5) 1% Milk (6-10)	Warm Oatmeal Seasonal Fruit Whole Milk (3-5) 1% Milk (6-10)	Bagels Cream Cheese Whole Milk (3-5) 1% Milk (6-10)	Pancakes Applesauce Whole Milk (3-5) 1% Milk (6-10)
Lunch (Vegetarian and non dairy substitutions available)	Turkey and Cheese Tortilla Wraps Peas Seasonal Fruit Whole Milk (3-5) 1% Milk (6-10)	Teriyaki Chicken Stir Fry Veggies White Rice Seasonal Fruit Whole Milk (3-5) 1% Milk (6-10)	Cheeseburgers Beef Patties with Cheddar Cheese Roasted Potato Wedges Seasonal Fruit Whole Milk (3-5) 1% Milk (6-10)	Mac N' Cheese with Diced Ham Green Beans Seasonal Fruit Whole Milk (3-5) 1% Milk (6-10)	Chicken & White Rice with Mushroom Gravy Seasonal Vegetables & Fruit Whole Milk (3-5) 1% Milk (6-10)
Snack	Pretzels Raisins Water	Veggie Straws Seasonal Fruit Water	Crackers String Cheese Water	Graham Crackers Raisins Water	Vanilla Wafers Seasonal Fruit Water