





Head Start & Administration Building  
152 W. Lehigh Ave. Phila. PA 19133

Sport and Recreation Building  
141 W. Somerset St. Phila. PA 19133  
(215) 425-7800  
[www.Lighthouse1893.org](http://www.Lighthouse1893.org)

Sport Complex  
199 Erie Ave. Phila, PA 19124

## The Lighthouse Family School *Grab N Go* Menu 2020-2021

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	2/1/21	2/2/21	2/3/21	2/4/21	2/5/21
<b>BREAKFAST:</b>					
Milk	<b>Building Closed due to Inclement Weather</b>	<b>Building Closed due to Inclement Weather</b>	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable			Pineapples		
Grain/Meat			WG Pancakes		
Extra			Sausage		
<b>LUNCH:</b>					
Milk			Calzones	Chicken Quesadilla	Fish Sticks
Fruit/Vegetable			Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Vegetable			Pineapples	Mixed Fruits	Oranges
Grain			Corn	Green Beans	Broccoli
Meat/Meat Alternate			WG Wrap	WG Wrap	WG Bread
Extra			Pepperoni	Chicken	Fish Sticks
<b>PM SNACK: <i>Select two of the five components</i></b>					
Milk	<b>Building Closed due to Inclement Weather</b>	<b>Building Closed due to Inclement Weather</b>	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)		Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit				100% Fruit Juice	
Vegetable					
Grain			Vanilla Graham Crackers	Newtons	Wheat Thins
Meat/Meat Alternate					

*\*Early Head Start students will consume 4 oz. of Whole Milk for each meal. Head Start students will consume 6 oz. Low/Fat Free Milk for each meal.*

*\*Menu is subject to change.*