




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 Early Head Start Menu 2020-2021

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	2/15/21	2/16/21	2/17/21	2/18/21	2/19/21
<b>BREAKFAST:</b>					
Milk 4oz.	<b>No School. Building Closed.</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+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable ¼ C		Mixed Fruits	100% Fruit Juice	Unsweetened Applesauce	Fresh Orange
Grain/Meat ½ C		Rice Crispi Cereal	Pancake wrap	WG Waffles	Cream of Wheat
Extra			Scrambled Eggs	Sugar Free Syrup	
<b>LUNCH:</b>					
		Rice and Chicken	Fish Sticks	Chicken Soup	Spaghetti
Milk 4oz.		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+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable ¼ C		Peaches	Diced Pineapples	Sliced Pears	Mandarines
Vegetable ½ C		Tomatoes, Lettuce	Corn	Mixed Vegetables	Green Beans
Grain ¼ C		WG Rice	Mashed Potatoes	WG Dinner Roll	WG Spaghettis
Meat/Meat Alternate 1oz.		Boneless Chicken	Fish Sticks	Boneless Chicken	Turkey Meatballs
Extra	Beans	Gravy			
<b>PM SNACK: Select two of the five components</b>					
Milk 4oz.	<b>No School. Building Closed.</b>				Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit ¼ C			100% Fruit Juice		
Vegetable 1/8 C					
Grain ½ oz.		Ritz Cracker Bites	Oatmeal Cookie	Graham Cracker	Newtons
Meat/Meat Alternate 1oz.		Strawberry jell-O		Vanilla Yogurt	

\*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.