



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

Sport Complex
199 Erie Ave. Phila, PA 19124

The Lighthouse Family School Menu 2020-2021

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	2/22/21	2/23/21	2/24/21	2/25/21	2/26/21
BREAKFAST:					
Milk	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+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable	Fresh Apple	Tropical Fruit	Fresh Orange	Pears	100% Orange Juice
Grain/Meat	French Toast/Turkey Bacon	WG Honey Nut Cheerios	Oatmeal	Corn Muffin	WG Raisin Bread
Extra	Sugar Free Syrup				Scrambled Eggs
LUNCH:					
	Beef Tacos	Macaroni and Cheese	Rice and Meatballs	Tuna Salad	Pizza
Milk	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+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable	Mandarines	Peaches	Pineapple Chunks	Cocktail Fruit	Unsweetened Applesauce
Vegetable	Tomatoes/Lettuce	Sweet Peas	Sweet Plantains	Corn	Carrots
Grain	WG Tortilla	WG Macaroni	Rice	WG Pasta	WG Pizza
Meat/Meat Alternate	Ground Beef	Chicken Tenders	Meatballs	Tuna Salad	Cheese
Extra	Cheese				
PM SNACK: <i>Select two of the five components</i>					
Milk			Whole Milk (age 1) or Low/Fat Free Milk (age 2+)		
Fruit		Yogurt		100% Apple Juice	Apple Slices
Vegetable					
Grain	Ritz Cracker	Wheat Thins	Banana Muffin	WG Chex Mix	Wheat Crackers
Meat/Meat Alternate	String Cheese				

**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.*