



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 *Grab N Go* Menu 2020-2021

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:	2/8/21	2/9/21	2/10/21	2/11/21	2/12/21
BREAKFAST: *Children Return					
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	Unsweetened Applesauce	Pears	Mandarines	Tropical Fruit	Pears
Grain/Meat	Oatmeal	WG Pancakes, Turkey Sausage	WG Cheerios	Has Browns, Eggs	WG Waffles
Extra		Sugar Free Syrup			Sugar Free Syrup
LUNCH:					
	Macaroni's	Fish Sticks	Rice and Chicken	Pizza	Steak and Potatoes
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	Peaches	Pineapples	Cocktail Fruit	Unsweetened Applesauce	Peaches
Vegetable	Green Beans	Broccoli	Carrots	Corn	Sweet Peas
Grain	Elbow Macaroni	Potatoes	Rice	WG Pizza	Mashed Potatoes
Meat/Meat Alternate	Ground Turkey	Fish Sticks	Chicken Stew	Cheese	Salisbury Steak
Extra					
PM SNACK: <i>Select two of the five components</i>					
Milk		*Water	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			100% Fruit Juice	
Vegetable					
Grain	Cheese Ritz Crackers		Oatmeal Cookie	Newton Crackers	Animal Crackers
Meat/Meat Alternate		Cheese Sticks			

*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.