



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:	1/11/20	1/12/20	1/13/20	1/14/20	1/15/20
<b>BREAKFAST:</b>					
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	Diced Pineapples	Mixed Fruits	Mandarines	Mixed Fruits	Diced Pineapples
Grain/Meat	Oatmeal Packet	Corn Muffin	WG Pancakes	Corn Muffin	Oatmeal Packet
Extra					
<b>LUNCH:</b>					
	Personal Pizza	Soybutter and Jelly	Turkey/Cheese Sandwich	Soybutter and Jelly	Personal 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	Banana	Diced Pineapples	Banana	Mixed Fruit Cups
Vegetable	Corn	Broccoli	Green Beans	Broccoli	Corn
Grain	WG Pizza	WG Bread	WG Roll	WG Bread	WG Pizza
Meat/Meat Alternate	Cheese	Grape Jelly	Turkey and Cheese	Strawberry Jelly	Cheese
Extra					
<b>PM SNACK: <i>Select two of the five components</i></b>					
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+)
Fruit		Mango Juice		100% Fruit Juice	
Vegetable					
Grain	Oatmeal Cookie	WG Choc. Chip Muffin	Ritz Bites	WG Choc. Chip Muffin	WG Gold Fish
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.*