



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: | 1/25/21 | 1/26/21 | 1/27/21 | 1/28/21 | 1/29/21 |
| 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 | Diced Pineapples | Mixed Fruits | Mandarines | Mixed Fruits | Mandarines |
| Grain/Meat | Oatmeal Packet | Corn Muffin | WG Pancakes | Corn Muffin | WG Pancakes |
| Extra | | | | | |
| LUNCH: | | | | | |
| | Personal Pizza | Soybutter & Jelly | Cheese & Turkey Sandwich | Soybutter & Jelly | Cheese & Turkey Sandwich |
| 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 | Mixed Fruit Cups | Bananas | Diced Pineapples | Bananas | Diced Pineapples |
| Vegetable | Corn | Broccoli | Green beans | Broccoli | Green beans |
| Grain | WG Pizza | WG Bread | WG Roll | WG Bread | WG Roll |
| Meat/Meat Alternate | Cheese | Grape Jelly | Turkey | Grape Jelly | Turkey |
| Extra | | | | | |
| PM SNACK: <i>Select two of the five components</i> | | | | | |
| 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 | | Mango Juice | |
| Vegetable | | | | | |
| Grain | WG Gold Fish | WG Muffin | Ritz Bltes | WG Muffin | |
| 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.*