



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:	1/4/20	1/5/20	1/6/20	1/7/20	1/8/20
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 Peach Cup	Mixed Fruit Cup	Cinnamon Applesauce	Diced Peach Cup	Mixed Fruit Cup
Grain/Meat	Oatmeal Packet	WG Chocolate Chip Muffin	Hashed Browns	Oatmeal Packet	WG Chocolate Chip Muffin
Extra					
LUNCH:					
	Chicken Nuggets	Personal Pizza	Turkey/Cheese Sandwich	Chicken Nuggets	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	Sliced Apples Packet	Diced Pineapples	Pears	Sliced Apples Packet	Diced Pineapples
Vegetable	Green Beans	Corn	Carrots	Green Beans	Corn
Grain	WG Nuggets	WG Pizza	WG Roll	WG Nuggets	WG Pizza
Meat/Meat Alternate	Fries	Cheese Topping	Turkey/Cheese	Fries	Cheese Topping
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+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit					
Vegetable					
Grain	WG Chocolate Chew Bars	Oats & Honey Granola	Ritz Crackers	WG Chocolate Chew Bars	Oats & Honey Granola
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.*