



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:	3/1/21	3/2/21	3/3/21	3/4/21	3/5/21
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	Mandarines	100% Orange Juice	Fresh Bananas	Unsweetened Applesauce	Fresh Orange
Grain/Meat	WG Pancakes/Turkey Bacon	Waffle/Turkey Sausage	Cream of Wheat	WG Honey Nut Cheerios	Oatmeal
Extra	Sugar Free Syrup	Sugar Free Syrup			
LUNCH:					
	Chicken Spaghetti	Chicken Hoagie	Brown Rice & Meatballs	Macaroni & Nuggets	Chicken Tacos
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	Tropical Fruit	Pineapple Chunks	Sliced Peaches	Diced Pears	Mandarines
Vegetable	Green Beans	Lettuce/Tomatoes	Sweet Plantains	Corn	Lettuce/Tomato
Grain	WG Spaghetti	WG Roll	Brown Rice	WG Elbow Macaroni	Whole Wheat Tortilla
Meat/Meat Alternate	Chicken	Chicken	Marinated Meatballs	WG Chicken Nugget	Chicken
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+)		
Fruit		100% Fruit Juice		Strawberry Yogurt	Strawberry Applesauce
Vegetable					
Grain	Chex Mix	WG Gold Fish	Muffin	Granola Bars	Wheat Crackers
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.*