



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: | 3/15/21 | 3/16/21 | 3/17/21 | 3/18/21 | 3/19/21 |
| 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 | Fresh Cantaloupe | 100% Apple Juice | Fresh Mango Chunks | Tropical Fruit | Cocktail Fruit |
| Grain/Meat | Cream of Wheat | Scramble Eggs Burrito on Wheat Tortilla | Corn Muffin | Rice Krispy Cereal | WG Waffle/Turkey Sausage |
| Extra | | | | | Sugar Free Syrup |
| LUNCH: | | | | | |
| | Cheeseburger | Chicken Salad | Rice and Chicken | Pasta | Chicken Shepherds Pie |
| 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 Peaches | Tropical Fruit | Mandarines | Pineapple Chunks | Pear Slices |
| Vegetable | Corn | Green Bean/Sweet Pea | Mixed Vegetables | Carrots | Corn |
| Grain | Wheat Buns | WG Sweet Roll | Brown Rice | WG Pasta | Whole Wheat Bread |
| Meat/Meat Alternate | Burger and Cheese | Chicken | Chicken | Ground Beef | Chicken |
| Extra | | | | Marinara Sauce | |
| PM SNACK: <i>Select two of the five components</i> | | | | | |
| Milk | | | | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) | |
| Fruit | Fresh Orange | Fruit Cup | Fresh Bananas | | Strawberry Yogurt |
| Vegetable | | | | | |
| Grain | Wheat Thins | | Wheat Ritz Crackers | Blueberry Muffin | Wheat Thins |
| 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.*