



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:	3/22/21	3/23/21	3/24/21	3/25/21	3/26/21
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 Orange	Pineapple Chunks	Mixed Fruits	Mandarines	Fresh Orange
Grain/Meat	Oatmeal	Cereal	WG French Toast	WG Blueberry Muffin	WG Pancake, Turkey Bacon
Extra			Sugar Free Syrup		Sugar Free Syrup
LUNCH:					
	Macaroni and Cheese	Chicken Sandwich	Chicken Lo Mein	Tuna Sandwich	Fish Sticks
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	Mango Slices	Unsweetened Applesauce	Peach Slices	Apple Slices	Fresh Strawberries
Vegetable	Sweet Peas	Broccoli	Mixed Vegetables	Lettuce/Tomatoes	Corn
Grain	WG Macaroni	WG Bun	Whole Wheat Spaghetti	Wheat Bread	Rye Bread
Meat/Meat Alternate	Chicken Tenders	Chicken Patty	Chicken Chunks	Tuna	Fish Sticks
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		Mixed Fruit Cup		Vanilla Yogurt	
Vegetable					
Grain	Chex Mix		Corn Muffin	Wheat Crackers	Cheese Ritz Bits
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.*