



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: | 3/8/21 | 3/9/21 | 3/10/21 | 3/11/21 | 3/12/21 |
| 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 Blueberries | 100% Orange Juice | Diced Peaches | Pineapple Chunks | Fresh Apple Slices |
| Grain/Meat | Oatmeal | Raisin Bread | Apple Cinnamon Muffin | WG Pancake/Turkey Bacon | Kitz Cereal |
| Extra | | Scrambled Eggs | | Sugar Free Syrup | |
| LUNCH: | | | | | |
| | Baked Ziti | Cheese Pizza | Chicken Tender Sandwich | Spaghetti w/ Meatballs | Brown Rice w/ Tuna |
| 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 | Pineapple Slices | Cocktail Fruit | Mandarines | Fresh Mango Chunks | Mixed Fruit Cup |
| Vegetable | Mixed Vegetables | Baby Carrots | Corn | Broccoli | Sweet Plantains |
| Grain | WG Rigatoni Pasta | Whole Wheat Pizza | Sweet Potatoe Fries, WG Roll | WG Spaghetti | Brown Rice |
| Meat/Meat Alternate | Ground Beef | Cheese | Chicken Tender | Turkey Meatballs | Sauced T |
| Extra | | | | | |
| PM SNACK: <i>Select two of the five components</i> | | | | | |
| Milk | | | | | Whole Milk (age 1) or Low/Fat Free Milk (age 2+) |
| Fruit | 100% Fruit Juice | | Mixed Fruit Cup | 100% Fruit Juice | |
| Vegetable | | | | | |
| Grain | WG Cheez- Its | Pretzel Rolls | Wheat Thins | Pretzel Goldfish | Muffin |
| 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.*