

Lighthouse Learning Center
Meals
Three-week Rotation
(Revised August 24, 2016)

Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Baked Chicken Nuggets Mashed Potatoes Enriched Bread Applesauce 1% Milk	Beef Noodle Casserole Mixed Veggies Mixed Fruit 1% Milk	Ham & Cheese Sandwich on Enriched Bread Lettuce and Tomato Orange Wedges 1% Milk	Meat Balls over Rice Green Beans Enriched Bread Fruit Medley 1% Milk	Chicken and Rice Casserole Peas and Carrots Applesauce 1% Milk
Week Two	Chili Mac Seasoned Green Beans Mixed Fruit 1% Milk	Hamburger on Enriched Bun Lettuce and Tomato Fruit Medley Ketchup 1% Milk	Turkey & Cheese Sandwich on Enriched Bread Lettuce and Tomato Orange Wedges 1% Milk	Soft Beef Taco Casserole Seasoned Peas Applesauce 1% Milk	Baked Mini Corny Dogs Steamed Broccoli Pineapple Ketchup 1% Milk
Week Three	Baked Steak Fingers Seasoned Corn Enriched Bread Mixed Fruit Ketchup 1% Milk	Chicken Tetrizzini Seasoned Green Beans Hawaiian Fruit 1% Milk	Ham & Cheese Sandwich on Enriched Bread Lettuce and Tomato Orange Wedges 1% Milk	Baked Chicken Patty Enriched Bread Mixed Veggies Sliced Apples Ketchup 1% Milk	Hot Dog on Enriched Bun Pork and Beans Chilled Peaches 1% Milk