

**Lighthouse Learning Center – Meals and Snacks  
Three-week Rotation**

<b>Week</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Week One</b>	Whole Grain Spaghetti with Meat Sauce Seasoned Carrots Applesauce 1% Milk	Soft Beef Taco Casserole with Black Beans Whole Grain Soft Tortilla Chilled Peaches 1% Milk	Ham & Cheese Sandwich on Whole Grain Bread Sliced Tomatoes Orange Wedges 1% Milk	Whole Grain Macaroni and Cheese Steamed Broccoli Whole Grain Bread Applesauce 1% Milk	Baked Chicken Nuggets Mashed Potatoes Whole Grain Bread Chilled Peaches 1% Milk
<b>Week Two</b>	Whole Grain Chili Mac Seasoned Green Beans Applesauce 1% Milk	All-Beef Mini Corny Dogs Steamed Broccoli Whole Grain Bread Chilled Peaches Ketchup 1% Milk	Turkey & Cheese Sandwich on Whole Grain Bread Sliced Tomatoes Orange Wedges 1% Milk	Whole Grain Tortilla Chicken Wrap Celery Sticks Applesauce 1% Milk	All-Beef Hot Dog on Whole Grain Bun Pinto Beans Chilled Peaches Ketchup 1% Milk
<b>Week Three</b>	Baked Chicken Patty with Whole Grain Bread Mixed Veggies Applesauce Ketchup 1% Milk	Beef and Whole Grain Noodle Casserole Green Peas Chilled Peaches 1% Milk	Ham & Cheese Sandwich on Whole Grain Bread Sliced Tomatoes Orange Wedges 1% Milk	Chicken Tetrizzini with Whole Grain Pasta Seasoned Green Beans Applesauce 1% Milk	Hamburger on Whole Grain Bun Lettuce and Tomato Chilled Peaches Ketchup 1% Milk

<b>Week</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Week One – AM</b>	Graham Crackers Juice	Cheerios Yogurt	Animal Crackers Cheese Cubes	Frosted Mini Wheats String Cheese	Trail Mix String Cheese
<b>Week One - PM</b>	Saltine Crackers Cheese Cubes	Cheeze-Its String Cheese	Goldfish Juice	Graham Crackers Cheese Cubes	Trail Mix Cheese Cubes
<b>Week Two – AM</b>	Frosted Mini Wheats String Cheese	Goldfish Juice	Cheerios Yogurt	Graham Crackers Cheese Cubes	Trail Mix String Cheese
<b>Week Two - PM</b>	Graham Crackers Cheese Cubes	Saltine Crackers Cheese Cubes	Cheeze-Its String Cheese	Animal Crackers Juice	Trail Mix Cheese Cubes
<b>Week Three – AM</b>	Animal Crackers Cheese Cubes	Frosted Mini Wheats String Cheese	Graham Crackers Juice	Cheerios Yogurt	Trail Mix String Cheese
<b>Week Three - PM</b>	Graham Crackers Juice	Goldfish Cheese Cubes	Saltine Crackers Cheese Cubes	Cheeze-Its String Cheese	Trail Mix Cheese Cubes