


## Lighthouse Academy - December 2016

**Meal Prices: Student Meals - No Charge, Adult Breakfast/Lunch \$2.50/\$4.00, Milk \$ .50**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>28</b> Cereal Graham Crackers  Cheeseburger on a Bun Crinkle Cut Fries Carrots w/Ranch Fresh Apple Ice Cold Milk	<b>29</b> Scrambled Eggs Banana Muffin  Ham & Cheese Calzone Baked Beans Mixed Salad Greens w/Diced Tomatoes & Ranch Fresh Kiwi Ice Cold Milk	<b>30</b> French Toast Turkey Sausage Link  Hot Dog on a Bun Tasty Onion Rings Whole Kernel Corn Petite Banana Ice Cold Milk	<b>1</b> Mini Egg, Cheese & Sausage Slider  Chicken Nuggets Fresh Green Beans Broccoli w/Dip Cole's Garlic Toast Lunch Bunch Grapes Ice Cold Milk	<b>2</b> Turkey Sausage Breakfast Bites  Tony's Cheese Pizza Sweet Potato Fries Celery Sticks w/Ranch Diced Peaches Ice Cold Milk
<b>5</b> Mini Egg & Cheese Sandwich  Honey BBQ Dippers Macaroni & Cheese Mixed Salad Greens w/ Sliced Radish & Ranch Mandarin Oranges Ice Cold Milk	<b>6</b> Mini Pancakes Yogurt Cup  Philly Cheesesteak Sandwich Green Pepper Strips Carrots w/Ranch Fresh Apple Ice Cold Milk	<b>7</b> Turkey Bacon, Egg & Cheese Boat  Chicken Fajita Romaine Ribbons & Cheese Fresh Salsa Fiesta Black Beans Smart Cookies Fresh Banana Ice Cold Milk	<b>8</b> Waffle Stick Turkey Sausage Link  Chicken Patty on a Bun Potato Wedges Rainbow Salad Diced Peaches Ice Cold Milk	<b>9</b> Breakfast Wrap  Double Stuff Cheese Pizza Whole Kernel Corn Fresh Green Beans Orange Wedges Ice Cold Milk
<b>12</b> Turkey Sausage Breakfast Bites  Minh's Orange Chicken Asian Rice w/Edamame Broccoli w/Ranch Dinner Roll Fresh Apple Ice Cold Milk	<b>13</b> Mini Egg, Cheese & Sausage Slider  Ultimate Beef Nachos Romaine Ribbons & Cheese Refried Beans Fresh Salsa Diced Pears Ice Cold Milk	<b>14</b> Cheesy Omelet Brown Sugar Bagel  Cuban Sandwich Cole Slaw Potato Stars Fresh Banana Ice Cold Milk	<b>15</b> Sausage Gravy Breakfast  Chicken Drumstick Harvest Medley Crunchy Carrots Cole's Garlic Toast Lunch Bunch Grapes Ice Cold Milk	<b>16</b> Pancake Wrap  Italian Dunkers Marinara Sauce Zesty Seasoned Peas Goldfish Grahams Diced Peaches Ice Cold Milk
<b>19</b> Apple Cinnamon Toast  Chicken Nuggets *Cajun Beans Cole's Breadstick Celery w/Ranch Fresh Apple Ice Cold Milk	<b>20</b> Mini Egg & Cheese Sandwich  Italian Meatball Sub Mixed Salad Greens Grape Tomatoes w/Ranch Sliced Peaches Ice Cold Milk	<b>21</b> French Toast Sticks  Turkey Gravy Mashed Potatoes Dinner Roll Fresh Green Beans Banana Ice Cold Milk	<b>22</b> Cereal Graham Crackers  Cheesy Chicken Quesadilla Whole Kernel Corn Carrots w/Ranch Diced Pears Ice Cold Milk	 <b>Holiday Break</b> <b>Dec 23 - Jan 2</b>  <i>School resumes Jan 3rd</i>

### MUNCHERS - Check with your school cook for ordering details

**Breakfast:** Cereal, string cheese & yogurt as a choice, Fruit Selections (raisins, apples, oranges, bananas & peaches), Orange Juice & Ice Cold Milk (skim milk, 1% white or fat free chocolate).

**Grades 6-12** have additional options: Graham Crackers, Cereal, Yogurt or Cheese Stick.

**Lunch: Munchers & Sunbutter** sandwiches available as entrée choices. Chef Salads available at K-8 & K-12 sites.

**Monday** - Fruit & Yogurt Muncher (Yogurt, Sunflower Butter, Celery & Carrots, Goldfish Grahams, WG Pretzels and Raisins)

**Tuesday** - Sunbutter Muncher (Sunwise Sunbutter Sandwich, String Cheese, Cheddar Goldfish Crackers, Potato Salad and Apple)

**Wednesday** - Hummus & Pita Bread (Hummus, Cottage Cheese, Pita Rounds, Broccoli/Cauliflower Blend and Pineapple)

**Thursday** - Fiesta Grab and Go (Tortilla Chips, Land O Lakes Cheese Cup, Salsa, Refried Beans, Goldfish Grahams and Fruit)

**Friday** - Grab & Go Breakfast for Lunch (Pillsbury Mini Maple Pancakes, String Cheese, Yogurt, Cucumbers w/Ranch and Fruit)

- Ice Cold Milk (skim milk, 1% white or fat free chocolate) from **Country Dairy** included with each meal or for .50¢.
- Salad bars available in K-8 & K-12 schools
- **\*Menu item contains pork.**

For more in-depth information on menus, nutritional analysis, contact information and related website links, check out our website at: [www.grpublicschools.org/nutrition](http://www.grpublicschools.org/nutrition) or use the QR code.



**Adults and students who purchase meals**, milk or a la carte items may still use My Payments Plus just like last year. Go to [www.mypaymentsplus.com](http://www.mypaymentsplus.com) and register your self/student into the school meal pre-payment plan. This is a convenient way to securely keep your account paid in full and view your actual purchase history! If you have problems with this transaction please give Steve Slabbekoom a call at 616.819.1662