

Lighthouse Academy North - December 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 Cereal Cheese Stick Chicken Nuggets Baked Beans Garlic Toast Baby Carrots Fruit Cocktail Ice Cold Milk	27 Cini Minis Turkey Pepperoni Pizza Whole Kernel Corn Romaine Salad w/ Cherry Tomatoes Fresh Apple Ice Cold Milk	28 Mini Egg & Cheese Slider Apple Cinnamon Toast Turkey Sausage Link Veggie Juice Fresh Grapes Ice Cold Milk	29 Breakfast Wrap Soft Beef Taco Lettuce, Cheese, Tomato Refried Beans Tostito Scoops Fresh Banana Ice Cold Milk	30 No School
3 Mini Maple Waffles Yogurt Turkey Hot Dog Onion Rings Celery Sticks w/ Hummus Crisp Apple Ice Cold Milk	4 Scrambled Eggs Muffin Teriyaki Chicken Asian Rice Cherry Sidekick Diced Pears Ice Cold Milk	5 Chocolate Filled Crescent Roll Honey BBQ Dippers Macaroni & Cheese Romaine Salad w/ Matchstick Carrots Corn Muffin Fresh Banana Ice Cold Milk	6 Beef Sausage Bagel w/ Cheese Chicken Fajita Lettuce, Cheese & Diced Tomatoes Refried Beans Tostito Scoops Applesauce Cup Ice Cold Milk	7 No School
10 Mini Egg & Cheese Sandwich Chicken Tenders Soft Pretzel Cooked Carrots Cucumbers w/ Ranch Fresh Apple Ice Cold Milk	11 Apple Cinnamon Toast Cheesy Beef Meatloaf Mashed Potatoes w/ Gravy Green Beans Dinner Roll Mixed Berries Ice Cold Milk	12 Turkey Bacon Breakfast Boat Chicken & Cheese Quesadilla Fiesta Beans & Rice Romaine Salad w/ Diced Tomatoes Fresh Banana Ice Cold Milk	13 Confetti Pancakes Cheesy Omelet Biscuit & Jelly Potato Starz Broccoli Zee Zee Grahams Fresh Grapes Ice Cold Milk	14 No School
17 Turkey Sausage Breakfast Bites Chicken Drumstick Corn Muffin Roasted Red Potatoes Celery Sticks Fresh Apple Ice Cold Milk	18 Cini Minis Beef Teriyaki Dippers Steamed Broccoli Carrots w/Ranch Dinner Roll Strawberry Cup Ice Cold Milk	19 Mini Egg & Cheese Slider Pasta Rotini Garlic Toast Romaine Salad w/ Garbanzo Beans Fresh Banana Ice Cold Milk	20 French Toast Sticks Chicken Sandwich Sweet Potato Waffle Fries Cucumber Slices Fruit Cocktail Ice Cold Milk	21 No School Holiday Break



Holiday Break Dec 22 to Jan 6

School resumes Jan 7th.



MUNCHERS - Check with your school cook for ordering details

Breakfast: Cereal, string cheese & yogurt as a choice, Fruit Selections (raisins, apples, oranges, bananas & peaches), 100% Fruit Juice & Ice Cold Milk (skim milk, 1% white or 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 - Yogurt Muncher (Trix Yogurt, Hearty Granola, Blueberry Muffin, Carrots w/ Ranch & Dried Fruit)

Tuesday - Salad Muncher (Lettuce Blend, Shredded Cheese, Turkey Bacon, Tomato, Croutons w/Ranch, Sunflower Seeds, Cheese Crackers & Grapes)

Wednesday - Flatbread Muncher (Goldfish Flatbread, Turkey Breast, Swiss Cheese & Mayo/Mustard, Corn Salad, Roasted Chickpeas & Mixed Fruit)

Thursday - Scoops Muncher (Tostitos Scoops, Land O Lakes Cheese Cup, Salsa, Refried Beans, Goldfish Grahams & Clementine)

Friday - Sunbutter & Jelly Muncher (Jelly Crescent, Sunbutter Spread, Cheese Stick, Celery w/Ranch, Apple Slices & Pretzels)

- All grain items are at least 50% whole grains.
- Ice Cold Milk (skim milk, 1% white or chocolate) from **Country Dairy** included with each meal or for .50¢.
- Salad bars available in K-8 & K-12 schools
- For more in-depth information on menus, nutritional analysis, contact information and related website links, check out our website at: www.grpublicschools.org/nutrition or use the QR code on the front of this menu.



* Menu Item Contains Pork