

Lighthouse Academy North - February 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Mini Egg & Cheese Sandwich Chicken Tenders Soft Pretzel Cooked Carrots Cucumber w/ Ranch Fresh Apple Ice Cold Milk	5 Apple Cinnamon Toast Beef Meatballs Mashed Potatoes w/ Gravy Green Beans Dinner Roll & Berry Cup Ice Cold Milk	6 Turkey Bacon Breakfast Boat Chicken & Cheese Quesadilla Fiesta Beans & Rice Romaine Salad w/ Tomatoes Fresh Banana Ice Cold Milk	7 Confetti Pancakes Cheesy Omelet Biscuit w/ Jelly Potato Rounds Broccoli Zee Zee Grahams Fresh Grapes Ice Cold Milk	8 No School
11 Turkey Sausage Bites Beef Teriyaki Dippers Steamed Broccoli Carrots w/ Ranch Dinner Roll Mandarin Oranges Ice Cold Milk	12 Cini Minis Chicken Drumstick Corn Muffin Roasted Red Potatoes Green Beans Fresh Apple Ice Cold Milk	13 Mini Egg & Cheese Sliders Beef Pasta Rotini Garlic Toast Celery Sticks w/ Hummus Fresh Grapes Ice Cold Milk	14 French Toast Sticks Chicken Sandwich Sweet Potato Waffle Fries Cucumber Slices Fruit Cocktail Ice Cold Milk	15 No School
18 Grape Filled Crescent Roll Hamburger on a Bun Crinkle Cut Fries Carrots w/ Ranch Diced Pears Ice Cold Milk	19 Pancake Wrap Chicken Alfredo Garlic Toast Romaine Salad Garbanzo Beans Oranges Ice Cold Milk	20 Mini Maple Waffles Yogurt Beef Burrito Taco Fiesta Beans Carrots w/ Ranch Smart Cookies Fresh Banana Ice Cold Milk	21 Beef Sausage Bagel w/ Cheese Confetti Pancakes Turkey Sausage Veggie Juice Fruit Cup Ice Cold Milk	22 No School
25 Apple Cinnamon Toast Mini Corn Dogs Onion Rings Celery w/ Hummus Fresh Apple Ice Cold Milk	26 Cheese Omelet Brown Sugar Bagel Grilled Cheese Potato Wedges Three Bean Salad Mixed Fruit Ice Cold Milk	27 Mini Egg & Cheese Sandwich Minh's Orange Chicken Vegetable Chow Mein Egg Roll Fruit Sidekick Slush Ice Cold Milk	28 Triple Berry French Toast Cuban Sandwich (Turkey Ham & Swiss) Sweet Potato Puffs Fresh Broccoli w/ Ranch Fresh Banana Ice Cold Milk	1 No School

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 this menu.



* Menu Item Contains Pork