

Lighthouse Academy North - March 2019

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 1/2 Day No Lunch Served Breakfast Available	5 Cini Mini Hamburger Emoji Potatoes Carrots Diced Peaches Ice Cold Milk	6 Mini Egg & Cheese Slider Cheesy Omelet Biscuit w/ Jelly Potato Rounds Fresh Green Beans Zee Zee Grahams Fresh Banana Ice Cold Milk	7 Breakfast Wrap Soft Beef Tacos Lettuce, Salsa, Cheese Ranchero Beans & Rice Mixed Berries Ice Cold Milk	8 No School
11 Mini Maple Waffles Yogurt Sloppy Joe Onion Rings Celery Sticks w/ Hummus Fresh Apple Ice Cold Milk	12 Pancake Wrap Teriyaki Chicken Asian Rice Cherry Sidekick Diced Pears Ice Cold Milk	13 Scrambled Eggs Muffin Beef Dippers Macaroni & Cheese Romaine Salad w/ Peas Corn Muffin Strawberry Cup Ice Cold Milk	14 Beef Sausage Bagel w/ Cheese Chicken Fajita Lettuce & Cheese Diced Tomatoes Refried Beans Tostito Scoops Fresh Banana Ice Cold Milk	15 No School
18 Mini Egg & Cheese Sandwich Chicken Nuggets Soft Pretzel Seasoned Peas Cucumber w/ Ranch Fresh Apple Ice Cold Milk	19 Apple Cinnamon Toast Hot Ham & Cheese Sandwich Sweet Potato Puffs Green Beans Diced Peaches Ice Cold Milk	20 Turkey Bacon Breakfast Boat Beef Nachos Lettuce, Salsa, Cheese Ranchero Beans & Rice Fresh Banana Ice Cold Milk	21 Sausage Gravy Breakfast Apple Cinnamon Toast Turkey Sausage Link Veggie Juice Mixed Berries Ice Cold Milk	22 No School
25 Turkey Sausage Bites Beef Teriyaki Dippers Steamed Broccoli Carrots w/ Ranch Garlic Breadstick Diced Pears Ice Cold Milk	26 Cini Minis Chicken Drumstick Corn Muffin Roasted Red Potatoes Celery Sticks Strawberry Cup Ice Cold Milk	27 Mini Egg & Cheese Sliders Beef Chili Grilled Cheese Cucumber Slices Apple Slices Ice Cold Milk	28 French Toast Sticks Chicken Sandwich Sweet Potato Waffle Fries Seasoned Peas Diced Peaches Ice Cold Milk	29 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