



# Lighthouse Academy - January 2017

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>3</b> Berry Crunch Bar Cheese Stick  Chicken Strips *Cajun Beans Carrots w/Ranch Diced Peaches Ice Cold Milk	<b>4</b> Turkey Bacon, Egg & Cheese Boat  Tasty Turkey Burger Cucumber Coins Crispy Potato Stars Fresh Banana Ice Cold Milk	<b>5</b> Mini Pancakes Yogurt Cup  Teriyaki Dippers Asian Rice w/Peas & Carrots Dinner Roll Broccoli Mandarin Oranges Ice Cold Milk	<b>6</b> Breakfast Wrap  Chicken Fajita Romaine Ribbons & Cheese Diced Tomatoes Red Beans & Rice Fresh Apple Ice Cold Milk
<b>9</b> Mini Egg & Cheese Sandwich  Cheeseburger on a Bun Crinkle Cut Fries Snow Balls w/Dip (Cauliflower) Diced Peaches Ice Cold Milk	<b>10</b> Scrambled Eggs Blueberry Muffin  Honey BBQ Dippers Macaroni & Cheese Mixed Salad Greens w/ Chickpeas & Ranch Mandarin Oranges Ice Cold Milk	<b>11</b> French Toast Turkey Sausage Link  Turkey Deli Sub w/Lettuce Broccoli Cheese Soup Carrot Sticks w/Ranch Petite Banana Ice Cold Milk	<b>12</b> Mini Egg, Cheese & Sausage Slider  Tony's Cheese Pizza Sweet Potato Fries Celery Sticks w/Hummus Pineapple Tidbits Ice Cold Milk	<b>13</b> Apple Cinnamon Toast  Chicken Drumstick Mashed Potatoes Collard Greens Corn Muffin Lunch Bunch Grapes Ice Cold Milk
	<b>17</b> Cereal Graham Crackers  Philly Cheesesteak Sandwich Green Pepper Strips Harvest Blend Vegetables Fresh Apple Ice Cold Milk	<b>18</b> Turkey Bacon, Egg & Cheese Boat  Chicken Fajita Romaine Ribbons & Cheese Fresh Salsa Red Beans & Rice Fresh Banana Ice Cold Milk	<b>19</b> Waffle Stick Turkey Sausage Link  Chicken Patty on a Bun Potato Smiles Rainbow Salad Orange Wedges Ice Cold Milk	<b>20</b> Breakfast Wrap  Double Stuff Cheese Pizza Whole Kernel Corn Calico Bean Salad Chilled Pears Ice Cold Milk
<b>23</b> Turkey Sausage Breakfast Bites  Homemade Chili Bosco Pretzel Stick Mixed Salad Greens w/Ranch Fresh Apple Ice Cold Milk	<b>24</b> Apple Cinnamon Toast  Ultimate Beef Nachos Romaine Ribbons & Cheese Refried Beans Fresh Salsa Diced Pears Ice Cold Milk	<b>25</b> Cheesy Omelet Brown Sugar Bagel  Cuban Sandwich Cole Slaw Waffle Cut Sweet Potato Fries Fresh Banana Ice Cold Milk	<b>26</b> Turkey Sausage Gravy Breakfast  Chicken Nuggets Potato Stars Crunchy Carrots Cole's Garlic Toast Lunch Bunch Grapes Ice Cold Milk	<b>27</b> Pancake Wrap  Minh's Orange Chicken Egg Roll & Fluffy Rice Broccoli Orange Wedges Fortune Cookie Ice Cold Milk

## 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 Slabbekoorn a call at 616.819.1662