

OCTOBER 2024

Lighthouse Charter School

	Monday	Tuesday	Wednesday	Thursday	Friday
		Cinnamon Roll Chilled / Fresh Fruit Low Fat Milk	WG Muffin/Muffin Top 100% Juice /Local Fresh Fruit Low Fat Milk	Cinnamon or Berry French Toast Fresh/Chilled Local Fruit Low Fat Milk	Mini Bagels W/ Cream Cheese 100% Fruit Juice/ Fresh Fruit Low Fat Milk
	Cereal Bowl Dried Fruits Fresh/Chilled Fruit Low Fat Milk	Yogurt WG Bagel w/ Cream Cheese Local Fresh Fruit Low Fat Milk	WG Muffin/Muffin Top 100% Juice/ Local Fresh Fruit Low Fat Milk	Whole Grain Wheat Bar Fresh/chilled Fruit Low Fat Milk	WG Mini Waffle or Pancakes 100% Fruit Juice Fresh /Fruit Low Fat Milk
	Cereal Bowl Dried Fruits Fresh/Chilled Fruit Low Fat Milk	Cinnamon Roll Chilled/ Fresh Fruit Low Fat Milk	WG Muffin/Muffin Top 100% Juice/ Local Fresh Fruit Low Fat Milk	Cinnamon or Berry French Toast Fresh/Chilled Local Fruit Low Fat Milk	Mini Bagels W/ Cream Cheese 100% Fruit Juice/ Fresh Fruit Low Fat Milk
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