

# Lunch Grade 9-12

# MENUS

## JULY 2025

**Did you know?**  
 Staying active helps build strong bones and muscles, relieves stress, and protects your heart. Aim for 1 hour or more of physical activity every day. Do whatever you love to do – Just get moving!



**Questions or Comments?**  
 General Manager: Amy Mroz  
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This institution is an equal opportunity provider



**LIGHTHOUSE ACADEMY**

	Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3	4
	7	8	9	10	11
	14	15 <b>Breakfast</b> Yogurt with Granola <b>Lunch</b> Baked Chicken with Roll and Brown Rice Grilled Cheese Sandwich Sweet Potatoes	16 <b>Breakfast</b> Cereal Muffin <b>Lunch</b> Rotini with Meat Sauce Pumped-Up Pasta Bake Steamed Corn	17 <b>Breakfast</b> Breakfast Round <b>Lunch</b> Turkey Ham & Cheese Pita Hummus Power Pack	18 <b>Breakfast</b> English Muffin <b>Lunch</b> Chicken Tenders with Breadstick Loaded Vegetable Sub Baked Beans
	21 <b>Breakfast</b> Bagel <b>Lunch</b> Cheese Quesadilla with Tortilla Chips Salsa	22 <b>Breakfast</b> Cereal <b>Lunch</b> Meatball Sub Loaded Vegetable Sub Peppered Broccoli	23 <b>Breakfast</b> Yogurt Parfait <b>Lunch</b> Fish Nuggets with Cornbread Poppers Grilled Cheese Sandwich Tater Tots	24 <b>Breakfast</b> Cereal Muffin <b>Lunch</b> Turkey Burger Veggie Burger Coleslaw	25 <b>Breakfast</b> Blueberry Muffin <b>Lunch</b> Bean & Cheese Burrito Cheesy Refried Beans Black Bean & Corn Salsa
	28 <b>Breakfast</b> Breakfast Round <b>Lunch</b> Chicken Pesto Pasta Grilled Cheese Sandwich Zucchini	29 <b>Breakfast</b> Cereal <b>Lunch</b> Chicken Nachos Cheesy Nachos Black Bean & Corn Salsa	30 <b>Breakfast</b> Smoothie <b>Lunch</b> Sloppy Joe Veggie Burger Potato Salad	31 <b>Breakfast</b> Breakfast Bar <b>Lunch</b> BBQ Pulled Turkey with Brown Rice Shake It Up Edamame Tex Mex Corn	

**Breakfast & Lunch Meal Price: No cost to students**