



## **MENUS FOR WEEK OF: June 3-7, 2019**

COME JOIN US AT: Lighthouse Church

SNACK FROM 9:00 a.m. to 10:30 a.m.

LUNCH FROM 11:00 am to 12:00 pm

### **Monday**

Charburger (1gr) on WGR Bun (26gr)

Alt: Sunbutter & Jelly Sandwich (33gr) & String Cheese (1gr)

Seasoned Ranch Cuts (22.7gr), Juicy Pineapple Tidbits (15gr)

Mighty Milk White (12gr) Choc (25gr)

**Snack** - Goldfish Cracker (14gr) & String Cheese (1gr)

### **Tuesday**

Crispy Chicken Nuggets (11gr)

Alt: Sunbutter & Jelly Sandwich (33gr) & String Cheese (1gr)

Golden Corn (15.9gr), Frozen Fruit Cup (19gr)

Mighty Milk White (12gr) Choc (25gr)

**Snack** - Gripz (19gr) & Milk

### **Wednesday**

Phenomenal Pizza (35gr)

Alt: Sunbutter & Jelly Sandwich (33gr) & String Cheese (1gr)

Glowing Green Beans (4gr), Perfect Pears (18gr)

Mighty Milk White (12gr) Choc (25gr)

**Snack** – Yogurt(24gr) & Whole Apple (13gr)

### **Thursday**

Corn Dog Nuggets (20gr)

Alt: Sunbutter & Jelly Sandwich (33gr) & String Cheese (1gr)

Baked Beans (34gr), Peachy Peaches (19gr)

Mighty Milk White (12gr) Choc (25gr)

**Snack** – Choc Choc Chip Muffin (32gr) & Milk

### **Friday**

Panther Rib (15gr) on Bun (20gr)

Alt: Sunbutter & Jelly Sandwich (33gr) & String Cheese (1gr)

Tator Tots (12.54gr), Craisins (28gr)

Mighty Milk White (12gr) Choc (25gr)

**Snack** – Scooby Snack (75gr), Baby Carrots (5.8gr) & Apple Juice (A 14gr)

(Optional Condiments: Ketchup (3gr), Mustard (<1gr), Mayonnaise (2gr), Ranch Dressing (2gr))

“This Institution is an equal opportunity provider”

VBS Schedule