


APRIL 2019 BREAKFAST AND LUNCH MENU

Monday	Tuesday	Wednes4day	Thursday	Friday
1 WHOLE GRAIN WAFFLE TACOS WITH FRUIT FILLING TOMATO SOUP WITH GRILLED CHEESE SANDWICHES; CUCUMBER SPEARS; PEARS	2 WHOLE WHEAT CHOCOLATE ZUCCHINI BREAD; ORANGES TUNA PITA POCKETS; BROCCOLI SPEARS; MELON SALAD	3 SCRAMBLED EGGS, TOASTED ENGLISH MUFFINS WITH BUTTER; APPLES CHICKEN PAD THAI WITH CARROTS AND CELERY; ORANGES	4 DROP BISCUITS AND JELLY; TROPICAL SMOOTHIES EGG SALAD SANDWICHES; ROASTED CAULIFLOWER; PINEAPPLE	5 APPLE LOW FAT WHOLE WHEAT TOASTER PASTRIES HAMBURGER MAC AND CHEESE CASSEROLE; CARROT STICKS IN RANCH; BANANAS
8 WW BLUEBERRY MUFFINS; PEARS BAKED ZITI WITH CHEESE AND ZUCCHINI; WATERMELON	9 HONEY WHOLE WHEAT STICKY LOW FAT AND LOW SUGAR BUNS; BANANAS CHICKEN RAGOUT WITH BROWN RICE; MELON SALAD; SPINACH SALAD WITH ITALIAN DRESSING	10 WW TOAST; BROCCOLI, TOMATO, CHEESY HASHBROWNS PIZZA POCKETS; ORANGES; VEGGIE TRAYS	11 SAUSAGE, PEPPER AND CHEESE WW BREAKFAST BURRITOS BEEFY MAC AND CHEESE PASTA; RAISIN BROCCOLI SALAD	12 CHICKPEA AND WHOLE WHEAT PROTEIN LOW-SUGAR BLONDIES; WATERMELON VEGGIE BEAN CHILI; WW DINNER ROLLS; HONEYDEW
15 HONEYED YOGURT; PINEAPPLE; TOASTED AND BUTTERED WW BAGELS CHICKEN ZUCCHINI BOATS WITH CHEESE; PINEAPPLE	16 PB HONEY BANANA WW TORTILLA ROLL UPS CABBAGE BURGERS; APPLES	17 WW APPLE CINNAMON BREAD; MELON SALAD ORZO BROCCOLI CHEDDAR BAKE; ORANGES	18 GREEN BLUEBERRY SMOOTHIE; WW ENGLISH MUFFINS AND JELLY CREAM OF POTATO WITH GROUND TURKEY AND WHITE BEAN SOUP; DINNER ROLLS; SPINACH SALAD WITH ITALIAN DRESSING; SEASONAL FRUIT SALAD	19 APPLE PEANUT BUTTER MERRY-GO-ROUNDS MACARONI SALAD WITH CHEESE AND CHICKEN; BANANA/BLUEBERRY/FRUIT SMOOTHIE; CARROT STICKS
22 APPLE PIE OATMEAL CHICKEN HOME-MADE NOODLE SOUP WITH CARROTS AND CELERY; CANTALOUPE	23 MATZOH PEANUT BUTTER FRUIT PIZZAS BEEF, BEAN, TOMATO AND PEPPER TACO BROWN RICE BOWL; APPLES	24 BREAKFAST BREAD; CANTALOUPE SPINACH SALAD WITH ITALIAN DRESSING; BEEF GOULASH; ORANGES	25 BLUEBERRY BANANA COCONUT SMOOTHIES WITH OAT HONEY CRISP BROCCOLI CHEDDAR SOUP; WHOLE GRAIN CRACKERS (1'S CEREAL); WARM PEARS	26 CEREAL; ORANGES BEEF HARD SHELL CORN TORTILLA TACOS WITH TOMATOES AND LETTUCE; MELONS
29 WW MUFFINS; BANANAS BROCCOLI POTATO PIEROGIES; SIDE SALAD WITH ITALIAN DRESSING; APPLE/SQUASH/BANANA PUREE	30 WW PANCAKES WITH SYRUP; SEASONAL FRUIT SALAD SLOPPY JOE CORNBREAD CASSEROLE; PEPPERS IN RANCH; CANTALOUPE	ALL FRUIT AS AVAILABLE WITH WINTER AVAILABILITY		

All foods are non-GMO if not all organic. Some substitutions may be made for 1 year olds as needed. **All meals and snacks served at First Light are made in facilities that prepare food items containing eggs, milk, peanuts, tree nuts, wheat, soy, and fish.

APRIL 2019 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 POPCORN (1'S CEREAL) OJ SMOOTHIE WITH WW BREAD AND BUTTER	2 BANANAS CRACKERS AND CHEESE	3 ANIMAL CRACKERS 3 INGREDIENT OAT POWER BALLS	4 WW CARROT MUFFINS CARROT AND CUCUMBERS SPEARS IN HUMMUS	5 PEARS EGGS AND WW BREAD AND BUTTER
8 POTATO SALAD WW ENGLISH MUFFIN FRUIT PIZZAS	9 BANANA BREAD APPLE MERRY-GO-ROUND	10 CANTALOUPE GREEN SMOOTHIE AND WHOLE GRAIN CRACKERS	11 CEREAL BEAN AND CHEESE WW QUESADILLAS	12 PRETZELS (1'S BREAD) WW OAT BREAD WITH PEANUT BUTTER
15 BANANAS SPOTTED PUP	16 DROP BISCUITS AND JELLY PEPPERS IN HUMMUS	17 CRACKERS (BREAD 1'S) VEGGIE CREAM CHEESE PIZZA BAGELS	18 APPLES PEANUT BUTTER BANANA WW HOT DOGS	19 BANANA/ PUMPKIN PUREE CINNAMON RAISIN BREAD WITH EXTRA RAISINS
22 FROZEN BANANA PB SANDWICHES WHOLE GRAIN CHIPS AND FRUIT SALSA (1'S CEREAL)	23 APPLES EGGS AND CARROTS	24 CARROTS (1'S CUCUMBERS) FROZEN BANANA POPS WITH WHOLE GRAIN CRACKERS	25 RICE CAKES (1'S THINS) ANTS ON A LOG- CELERY WITH PEANUT BUTTER AND RAISINS	26 CHEESESTICKS WW CRACKERS; ORANGES
29 HEALTHY SNACK COOKIES MACARONI SALAD	30 APPLESAUCE PB JELLY SANDWICHES			 Golden Rule Grocers

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