

APRIL 2015 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Green Chili Pork Soup Corn Muffins Grapes	2 Sloppy Joes Cucumber Slices Grapefruit	3 Chicken White Bean Salad Over Greens Bread Sticks Pineapple
6 Turkey Cranberry Apple Kale Salad Breadsticks	7 Broccoli Cheese Soup Wheat Rolls Fruit Salad	8 Spaghetti Tossed Kale Salad Mixed Berries	9 Brown Rice Greek Salad Pineapple	10 Lemon Pepper Chicken Breast with Steamed Broccoli Garlic Bread Grapes
13 Egg Salad Sandwich on Wheat Rolls Pepper Slices Cantaloupe	14 Lean Beef Tacos Apple Slices	15 Turkey Meatloaf Mashed Sweet Potatoes Wheat Rolls Grapefruit	16 Chicken Waldorf Salad over Greens Breadsticks	17 Tuna Noodle Casserole with Peas Strawberries
20 BBQ Pork Sandwich Coleslaw Orange Slices	21 Tamale Pie Over Cornbread Honeydew	22 Chicken Cobb Salad Wrap Seasonal Fruit	23 Bean Bolognese with Zucchini Squash and Tomato over Penne	24 French Toast Sticks Hard Boiled Eggs Fruit Salad
27 Turkey Tetrazzini Steamed Carrots Mixed Berries	28 Italian Chicken Sandwich on Wheat Bun Tossed Salad Apples	29 Teriyaki Pork Stir Fry Brown Rice Cantaloupe	30 Bean & Cheese Burritos Marinated Cucumber Tomato Salad Pineapple	

*All fruits and vegetables are fresh. Any grain will be whole wheat or multi-grain. All milk based products such as cheeses are 2%. All meats should be lean cut and low sodium. Any dip will be low fat or fat free. **All meals and snacks served at First Light are made in facilities that prepare food items containing eggs, milk, peanuts, tree nuts, wheat, soy, fish and shellfish.

