

APRIL 2016 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken White Bean Salad Over Greens Bread Sticks Pineapple
4 Turkey Club Sandwich Marinated Veggie Salad Apple Slices	5 Broccoli Cheese Soup Bread Stick Fruit Salad	6 Egg Salad Sandwich on Wheat Rolls Pepper Slices Cantaloupe	7 Asian Chicken Salad Garlic Bread Orange Slices	8 Spaghetti Tossed Kale Salad
11 Chicken Waldorf Salad over Greens Breadsticks	12 Lean Beef Tacos with Lettuce, Tomato and Cheese Apple Slices	13 Turkey Meatloaf Mashed Sweet Potatoes Wheat Rolls Pears	14 Cream of Potato Soup Cheese and Wheat Crackers Strawberries	15 BBQ Pork Sandwich Coleslaw Orange Smoothie
18 Chicken Cobb Salad Wrap Seasonal Fruit	19 Tamale Pie Over Cornbread Bananas	20 French Toast Sticks Hard Boiled Eggs Fruit Salad	21 Bean Bolognese with Zucchini Squash and Tomato over Penne Grapes	22 Lemon Pepper Chicken Breast with Steamed Broccoli Garlic Bread Honeydew
25 Turkey Tetrazzini Steamed Carrots Mango	26 Italian Chicken Sandwich on Wheat Bun Tossed Salad Apples	27 Turkey Bacon Club Salad Cheeses Sticks Wheat Rolls Honeydew	28 Tomato Lean Beef Casserole w/ Polenta Crust Berry Smoothie	29 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.

