

# APRIL 2017 LUNCH MENU

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

