

APRIL 2018 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Turkey Club Sandwich Marinated Veggie Salad Apple Slices	3 Broccoli Cheese Soup Bread Stick Fruit Salad	4 Egg Salad Sandwich on Wheat Rolls Pepper Slices Cantaloupe	5 ∞Lean Beef Taco Salad with Tortilla Chips Watermelon	6 Spaghetti Tossed Salad with Kale Seasonal Fruit
9 Turkey Meatloaf Mashed Sweet Potatoes Wheat Rolls Pears	10 BBQ Pork Sandwich Coleslaw Orange Smoothie	11 Chicken Waldorf Salad over Greens Breadsticks	12 ∞White Bean Chicken Chili Whole Wheat Bread Cantaloupe	13 Chicken Cobb Salad Wrap Strawberries
16 Lemon Pepper Chicken Breast with Roasted Broccoli Garlic Bread Honeydew	17 Tamale Pie Over Cornbread Bananas	18 Turkey Bacon Club Salad Cheeses Sticks Wheat Rolls Grapes	19 ∞Chicken Broccoli Stir Fry Brown Rice Oranges	20 Bean & Cheese Burritos Marinated Cucumber Tomato Salad Pineapple
23 Turkey Tetrazzini Steamed Carrots Fruit Salad	24 Lean Beef Tacos with Lettuce, Tomato and Cheese Apple Slices	25 French Toast Breakfast Sandwich with Eggs and Cheese Pepper Slices Mango	26 ∞Sloppy Joes on Whole Grain Bun Cucumber Slices Fruit Salad	27 Italian Chicken Sandwich on Wheat Bun Tossed Salad Berry Smoothie
30 Beef Ragout over Penne Pasta Tossed Salad Watermelon				

*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.

∞ All foods are non-GMO and mostly if not all organic. Meats are lean, grass-fed and/or organic. Grains are whole grain. Served with organic milk.

