

AUGUST 2015 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Open Face Pork Philly Melt Nectarines	4 Turkey Sausage Chili Corn Bread Watermelon	5 Southwest Chicken Wrap with lettuce and Tomato Mandarin Oranges	6 Tuna Salad Wheat Roll Bell Pepper Slices Fruit Salad	7 Taco Salad Breadsticks Pluots (Plum/Apricot Hybrid)
10 Broccoli Cheese Soup Wheat Rolls Cantaloupe	11 Roasted Tomato Chicken Penne Steamed Corn Peaches	12 Lean Beef Club Salad Bread Stick Fruit Salad	13 Sloppy Joes on a Wheat Roll Coleslaw Watermelon	14 Turkey Craisin wrap with Lettuce and Tomato Pineapple
17 Spaghetti with Turkey Sausage Marinara Tossed Kale Salad Mango	18 Turkey Breast Sandwich with Lettuce and Tomato Wheat Roll Orange Slices	19 Chicken Tetrzzini Steamed Broccoli Watermelon	20 BBQ Pork Sandwiches Kale Salad Apple Slices	21 Brown Rice Greek Salad Peaches
24 Cream of Vegetable Soup Cheese Slices Wheat Crackers Mango	25 Cheesy Chicken Cauliflower Pasta Strawberries & Blueberries	26 Yankee Pot Roast with Potatoes and Carrots Wheat Rolls Honeydew & Grapes	27 Sweet and Sour Pork with Stir Fry Vegetables Brown Rice Mandarin Oranges	28 Chicken and Cheese Quesadilla Cucumber Tomato Salad Pears
31 BBQ Beef Pizza Arugula and Spinach 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.

