

AUGUST 2016 LUNCH MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 1 Open Face Pork Philly Melt Nectarines | 2 Turkey Sausage Chili Corn Bread Watermelon | 3 Southwest Chicken Wrap with lettuce and Tomato Orange Smoothie | 4 Tuna Salad Wheat Roll Bell Pepper Slices Fruit Salad | 5 Taco Salad Breadsticks Pluots (Plum/Apricot Hybrid) |
| 8 Broccoli Cheese Soup Wheat Rolls Cantaloupe | 9 Roasted Tomato Chicken Penne Steamed Corn Peaches | 10 Lean Beef Club Salad Bread Stick Fruit Salad | 11 Sloppy Joes on a Wheat Roll Coleslaw Watermelon | 12 Turkey Craisin wrap with Lettuce and Tomato Pineapple |
| 15 Spaghetti with Turkey Sausage Marinara Tossed Kale Salad Mango | 16 Turkey Breast Sandwich with Lettuce and Tomato Wheat Roll Orange Slices | 17 Chicken Tetrizzini Steamed Broccoli Watermelon | 18 BBQ Pork Sandwiches Kale Salad Apple Slices | 19 Brown Rice Greek Salad Peaches |
| 22 Cream of Vegetable Soup Cheese Slices Wheat Crackers Mango | 23 Cheesy Chicken Cauliflower Pasta Strawberries & Blueberries | 24 Yankee Pot Roast with Potatoes and Carrots Wheat Rolls Honeydew & Grapes | 25 Sweet and Sour Pork with Stir Fry Vegetables Brown Rice Mandarin Oranges | 26 Chicken and Cheese Quesadilla Cucumber Tomato Salad Pears |
| 29 BBQ Beef Pizza Arugula and Spinach Salad Pineapple | 30 Turkey Cauliflower Pasta Melt Fruit Salad | 31 Mongolian Beef with Broccoli Brown Rice 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.