

AUGUST 2017 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Turkey Sausage Chili Corn Bread Watermelon	2 Chicken Tetrizzini Steamed Broccoli Pears	3 Taco Salad Breadsticks Pluots (Plum/Apricot Hybrid)	4 Egg Salad Wheat Roll Cucumber Slices Berry Salad
7 Roasted Tomato Chicken Penne Steamed Corn Peaches	8 Turkey Craisin Wrap with Lettuce and Tomato Nectarines	9 Mexican Lasagna Pepper Slices Pineapple	10 Sloppy Joes on a Wheat Roll Coleslaw Watermelon	11 Broccoli Cheese Soup Bread Stick Cantaloupe
14 Lean Beef Club Salad Bread Stick Fruit Salad	15 Spaghetti with Turkey Sausage Marinara Tossed Kale Salad Peaches	16 Southwest Chicken Wrap with lettuce and Tomato Watermelon	17 BBQ Pork Sandwiches Kale Salad Honeydew	18 <i>Closed for Teacher In- Service</i> Turkey Breast Sandwich with Lettuce and Tomato on Wheat Roll Orange Slices
21 Minestrone Chicken Soup Wheat Crackers Berry Sorbet	22 Baked Chicken Taquitos Confetti Bean Salad Tossed Salad	23 Yankee Pot Roast with Potatoes and Carrots Wheat Rolls Honeydew & Grapes	24 Chicken and Broccoli Stir Fry Brown Rice Mandarin Oranges	25 Turkey Cauliflower Pasta Melt Fruit Salad
28 BBQ Beef Pizza Arugula and Spinach Salad Pluots	29 Chicken and Cheese Quesadilla Cucumber Tomato Salad	30 Unstuffed eggroll stir fry Brown Rice White Peaches	31 Cheese Burgers with Lettuce and Tomato on a Wheat Roll Blackberries and Honeydew	 <p>First Light EARLY EDUCATION CENTER</p>

*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.