



AUGUST 2018 BREAKFAST AND LUNCH MENU

Monday	Tuesday	Wednes4day	Thursday	Friday
		1 WHOLE GRAIN CEREAL; BANANAS CHEESE PIZZA, CARROT STICKS (1'S STEAMED), WATERMELON	2 OATMEAL, SYRUP, ORANGES BROCCOLI CHICKEN STIR-FRY, BROWN RICE, ORANGES	3 ENGLISH MUFFINS, JELLY, PEARS BEEF SPAGHETTI, CORN, CHEESE, TOAST
6 FRUIT BREAKFAST BURRITOS BBQ CHICKEN SANDWICHES, GREEN BEANS, RANCH, PINEAPPLE	7 BLUEBERRY MUFFINS, CANTALOUPE CHEESEY BROCCOLI ALFREDO, APPLES	8 POTATO HASH WITH PEPPERS AND BROCCOLI, APPLESAUCE, BREAD CABBAGE BURGERS, FRUIT SALAD	9 CORNBREAD, ORANGES HAMBURGER GRAVY WITH RICE, GREEN BEANS, CANTALOUPE	10 WHOLE WHEAT MUFFINS, APPLES BEAN AND CHEESE BURRITOS, CUCUMBER SPEARS, PINEAPPLE
13 BAGELS, CREAM CHEESE, BANANAS TUSCAN VEGGIE BEAN SOUP, DINNER ROLLS, WATERMELON	14 YOGURT FRUIT PARFAITS WITH OAT CRISP AND FROZEN BERRIES TERIYAKI BEEF AND RICE BOWL, BROCCOLI, FRUIT SALAD	15 WW BREAD, APPLESAUCE, SCRAMBLED EGGS TURKEY CHEESE SANDWICHES, SIDE SALAD, RANCH, PINEAPPLE	16 7 GRAIN HOT CEREAL, SYRUP, HONEYDEW CHICKEN TAMALES WITH TOMATOES AND CORN, PLUMS	17 Closed for Staff In-Service day
20 BISCUITS WITH PEANUT BUTTER, PINEAPPLE MEATLOAF, SEASONED POTATOES, ZUCCHINI, PEARS, WW BREAD	21 FRENCH TOAST BAKE, APPLES EGG SALAD SANDWICHES, WATERMELON, SIDE SALAD AND RANCH	22 VEGGIE BREAKFAST ROLLS WITH CUCUMBERS AND ZUCCHINI WITH CREAM CHEESE HERB SPREAD HAMBURGER MAC AND CHEESE, GREEN BEANS, BANANAS	23 APPLE BUTTER ON BREAD, GRAPES, CHICKEN SAUSAGE TURKEY CHEESE WRAPS, SIDE SALAD, APPLES	24 FRUIT SMOOTHIE, BAGELS WITH BUTTER CHEESY BEEF, PEPPER AND RICE CASSEROLE, WATERMELON
27 HASHBROWN FRITTATA, APPLES SLOPPY JOES; CUCUMBER SPEARS; PEARS	28 PUFF PANCAKE, FRUIT SALAD CHICKEN ENCHILADAS, BROCCOLI SPEARS, FROZEN FRUIT POPS	29 CARROT MUFFINS, PINEAPPLE BAKED ZITI WITH ZUCCHINI, BREADSTICKS, ORANGES	30 CHEESY ENGLISH MUFFINS, PEARS BEEF TACO SALAD WITH BROWN RICE, TOMATOES, AND BEANS, ORANGES	31 BREAD EGG LOAF WITH BROCCOLI, HONEYDEW CHICKEN POT PIE WITH CARROTS, PEAS, POTATOES, BANANAS

*All fruits and vegetables are fresh. Any grain will be whole wheat or multi-grain. All milk based products such as cheeses are 2% or low fat. All meats should be lean cut and low sodium. Any dip will be low fat or fat free. All foods are non-GMO if not all organic. Some substitutions may be made for 1 year olds as needed. **All meals and snacks served at First Light are made in facilities that prepare food items containing eggs, milk, peanuts, tree nuts, wheat, soy, and fish.