

# AUGUST 2019 BREAKFAST AND LUNCH MENU

Monday	Tuesday	Wednes4day	Thursday	Friday
			<b>1</b> BREAKFAST BURRITOS WITH EGGS, CHEESE, TOMATOES AND PEPPERS  SLOPPY JOES; PINEAPPLE; SIDE SALAD WITH RANCH	<b>2</b> WHOLE WHEAT BANANA BREAD; APPLES  CHICKEN CARBONARA WITH PEAS; ORANGE SLICES
<b>5</b> YOGURT AND BERRIES; WHOLE WHEAT ENGLISH MUFFINS CHICKEN GYROS WITH YOGURT SAUCE; CUCUMBERS; WATERMELON	<b>6</b> VEGGIE FRITTATA; WW BREAD  MEXICAN RICE WITH BEANS AND LIME; CAULIFLOWER SPEARS; APPLE SLICES	<b>7</b> CORN BREAD AND PUMPKIN PUREE  BEEFY SPAGHETTI; GARLIC ROLLS; CARROT STICKS; CANTALOUPE	<b>8</b> BANANA OATMEAL  SWEET N' SOUR CHICKEN WITH GREEN PEPPERS; BROWN RICE; ORANGES	<b>9</b> BLUEBERRY MUFFINS; PINEAPPLE  BROCCOLI RAISIN SALAD; PEANUT BUTTER HONEY WW TORTILLA WRAPS
<b>12</b> CHEESE SCONES; TROPICAL FRUIT SALAD BEEFY EMPANADAS; CREAMED CORN; PLUMS	<b>13</b> PANCAKE SQUARES; PINEAPPLE CHEESY SCALLOPED POTATOES WITH BROCCOLI AND GROUND TURKEY; WATERMELON	<b>14</b> WW BAGELS WITH CREAM CHEESE; BANANAS BEAN BURRITO CASSEROLE WITH RICE; PEPPER AND CUCUMBER SLICES; PEACHES (IF AVAILABLE)	<b>15</b> GREEN BLUEBERRY SMOOTHIE; WW ENGLISH MUFFINS HOT DOGS ON BUNS; CANTALOUPE; GREEN BEAN SPEARS IN RANCH	<b>16</b> WHOLE GRAIN WAFFLES; PEARS  COLESLAW; CHICKEN MACARONI SALAD; WW BREADSTICKS; APPLES
<b>19</b> OVERNIGHT MAPLE OATMEAL; BANANAS  CHICKEN AND CHEESE ENCHILADAS WITH ZUCCHINI; GRAPES	<b>20</b> BANANA OAT CHOCOLATE BITES; HONEYDEW  SHEPHERD'S PIE WITH CARROTS AND PEAS; HONEYDEW; WW ROLLS	<b>21</b> COTTAGE CHEESE AND RAISINS; WW MUFFINS  CAJUN CHICKEN AND RICE WITH ZUCCHINI; APPLESAUCE	<b>22</b>  CLOSED For In-Service	<b>23</b>  CLOSED For Fall Prep
<b>26</b> CHIA "PUDDING" WITH BERRIES AND FRUIT; WHOLE WHEAT BREAD  ITALIAN PASTA SALAD WITH TOMATOES AND SHREDDED CHEESE; NECTARINES	<b>27</b> FRENCH TOAST BAKE; PEACHES  PINEAPPLE CHEESE PIZZA MUFFINS; CARROT STICKS N° RANCH	<b>28</b> WW CINNAMON ROLLS; SEASONAL FRUIT SALAD  BEEF TACOS WITH LETTUCE AND TOMATOES; MELON SALAD	<b>29</b> VEGGIE BREAKFAST HASH WITH WHOLE WHEAT ENGLISH MUFFINS  BROCCOLI CHEESE BAKED POTATO; WW BREAD; APPLE SLICES	<b>30</b> WHOLE GRAIN CEREAL; BANANAS  PULLED BBQ CHICKEN SANDWICHES; SIDE SALAD WITH RANCH; PEARS

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

