

DECEMBER 2015 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chicken and Cheese Quesadilla Steamed Broccoli Grapes	2 Lean Beef Chili Cornbread Blueberries	3 Turkey Sliders with Lettuce and Tomato Tasty Sweet Potato Tots	4 Chicken Veggie Soup Wheat Rolls Bananas
7 Turkey Tetrizzini Steamed Carrots Seasonal Fruit	8 Lean Beef Stew w/ Celery, Onion, Carrots and Potatoes Garlic Bread Mango	9 BBQ Pork Sandwiches Coleslaw Banana	10 Citrus Chicken Salad Spinach Garlic Breadsticks Fruit Salad	11 Turkey Bacon BLT Sandwiches Cheese Cubes Orange Slices
14 Broccoli Cheese Soup Wheat Crackers Pineapple	15 Turkey Wild Rice Casserole Steamed Green Beans Mango	16 Sloppy Joes on Wheat Rolls Tossed Salad Honeydew/Blueberries	17 Peanut Butter and Berry Banana Tortilla Wrap Cucumber Tomato Salad	18 Turkey and Swiss Melt Grapefruit
21 Grilled Tuna Patty on Wheat Rolls Pepper Slices Tropical Smoothie	22 Spaghetti with Lean Beef Marinara Tossed Salad Garlic Bread Orange Slices	23 Southwestern Chicken Salad Wrap Grapes	24 <i>Closed for Christmas</i>	25 <i>Closed for Christmas</i>
28 Pork Tacos Pineapple	29 Scrambled Eggs with Veggies and Turkey Bacon Whole Wheat Toast Seasonal Fruit	30 Light Chicken Alfredo Tossed Kale Salad Grapefruit	31 BBQ Beef Pizza Corn Oranges	1 Closed HAPPY NEW YEAR

*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.

