

DECEMBER 2016 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Shredded Beef Tacos Pineapple	2 Chicken Veggie Soup Wheat Rolls Bananas
5 Turkey Tetrazzini Steamed Carrots Seasonal Fruit	6 Lean Beef Stew w/ Celery, Onion, Carrots and Potatoes Garlic Bread Mango	7 BBQ Pork Sandwiches Coleslaw Banana	8 Citrus Chicken Salad Spinach Garlic Breadsticks Fruit Salad	9 Turkey Bacon BLT Sandwiches Cheese Cubes Orange Slices
12 Broccoli Cheese Soup Wheat Crackers Pineapple	13 Turkey Wild Rice Casserole Steamed Green Beans Mango	14 Sloppy Joes on Wheat Rolls Tossed Salad Orange smoothies	15 Peanut Butter and Berry Banana Tortilla Wrap Cucumber Tomato Salad	16 Grilled Tuna Patty on Wheat Rolls Pepper Slices Kiwi
19 Spaghetti with Lean Beef Marinara Tossed Salad Orange Slices	20 Southwestern Chicken Salad Wrap Grapes	21 Turkey and Swiss Melt Cucumber Slices Grapefruit	22 Lean Beef Club Salad Bread Stick Fruit Salad	23 <i>Closed for Christmas</i>
26 <i>Closed for Christmas</i>	27 Scrambled Eggs with Veggies and Turkey Bacon Whole Wheat Toast Seasonal Fruit	28 Light Chicken Alfredo Tossed Kale Salad Grapefruit	29 Turkey Sliders with Lettuce and Tomato Sweet Potato fries	30 BBQ Beef Pizza Corn Oranges

*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.