

DECEMBER 2017 LUNCH

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