








DECEMBER 2018 BREAKFAST AND LUNCH MENU

| Monday | Tuesday | Wednes4day | Thursday | Friday |
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| 3 CHICKEN SAUSAGE HASH WITH PEPPERS; BUTTERED WHOLE WHEAT TOAST SPAGHETTI WITH GROUND BEEF, BREADSTICKS, ROASTED CAULIFLOWER, PINEAPPLE | 4 CHEESEY EGG MUFFINS; BANANAS LENTIL LOAF WITH GRAVY; ROASTED ZUCCHINI AND PEPPERS; KIWI/STRAWBERRY/MELON SALAD | 5 HASHBROWN CASSEROLE WITH BROCCOLI; WHOLE WHEAT BREAD WITH JELLY BLACK BEAN CHILI WITH TOMATOES AND CORN; WHOLE GRAIN CHIPS (1'S BREAD); ORANGES | 6 HOT RICE "CEREAL" WITH RAISINS SCALLOPED POTATOES WITH TURKEY BACON AND GREEN BEANS; HONEY ROASTED PLUMS; WHOLE WHEAT BREAD WITH BUTTER | 7 WHOLE WHEAT BLUEBERRY SCONES; PEARS MEDITERRANEAN CHICKEN PASTA BAKE WITH SPINACH; SIDE SALAD WITH ITALIAN DRESSING (ON SIDE); CANTALOUPE |
| 10 WHOLE GRAIN WAFFLES; PLUMS BUTTERNUT SQUASH AND MAPLE SYRUP; BANANAS; WHOLE WHEAT BREAD WITH BUTTER; BAKED BREADED CHICKEN TENDERS | 11 WHOLE WHEAT CEREAL; ORANGES LOCAL BEEF SHEPHERD'S PIE WITH GREEN BEANS; WHOLE WHEAT ROLLS; HONEYDEW (IF AVAILABLE) | 12 WW MUFFINS; FRUIT SMOOTHIES CHEESY BROCCOLI RICE; PINEAPPLE | 13 WHOLE GRAIN BAGELS WITH JELLY; APPLESAUCE TUNA NOODLE CASSEROLE WITH PEAS; ROASTED PEARS | 14 BROCCOLI AND PEPPER FRITTATA; BUTTERED WHOLE WHEAT BREAD TURKEY BACON STUFFED CHEESEY BAKED POTATOES; ZUCCHINI SPEARS WITH RANCH; GRAPES IF AVAILABLE |
| 17 FUNKY MONKEY SMOOTHIE; JELLIED WHOLE WHEAT ENGLISH MUFFINS BACON CHEESEBURGER SOUP WITH TOMATOES; BREADSTICKS, WATERMELON OR OTHER MELON IF AVAILABLE | 18 TOMATO/BROCCOLI VEGGIE CHEESE ROLLS (THINK SAVORY CINNAMON ROLL) PIZZA BAGELS (CHEESE); CARROTS (1'S COOKED); PINEAPPLE | 19 FRENCH TOAST BAKE WITH BAKED APPLES TUNA MELTS; SIDE SALAD WITH FRENCH DRESSING; FRUIT SALAD WITH COCOWHIP | 20 BREAKFAST OAT "COOKIES"; GREEN VEGGIE SMOOTHIES BARLEY VEGGIE STEW (CELERY, CARROTS, TOMATOES); WHOLE WHEAT ROLLS; ORANGES | 21 YOGURT WITH FROZEN BERRIES; BUTTERED WHOLE WHEAT BREAD HAMBURGER GRAVY OVER MASHED PUMPKIN; PEARS; WHOLE WHEAT BREAD |
| 24  | 25  | 26  | 27 WHOLE WHEAT BISCUITS WITH JELLY; SCRAMBLED EGGS; CARROT STICKS (1S STEAMED) CHICKEN NOODLE SOUP WITH CARROTS AND CELERY; ROLLS; SEASONAL FRUIT SALAD | 28 WHOLE WHEAT BAGELS WITH PEANUT BUTTER; BANANAS TUNA FISH TACOS WITH CABBAGE AND TOMATOES ON WHOLE WHEAT TORTILLAS; ORANGES |
| 31  | 1  | |  |  |

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.