

# DECEMBER 2019 BREAKFAST AND LUNCH MENU

Monday	Tuesday	Wednes4day	Thursday	Friday
<b>2</b> YOGURT WITH BERRIES AND GRANOLA PARFAIT  MEATLOAF; GREEN BEANS; DROP BISCUITS; APPLE SAUCE	<b>3</b> VEGGIE FRITTATA; WW BREAD  CREAMY CHICKEN, SPINACH AND TOMATO BAKE OVER WW PASTA; CANTALOUPE	<b>4</b> FRUITY PANCAKE BAKE  TOT'CHOS; CELERY STICKS; GRAPEFRUIT	<b>5</b> MATCHA GREEN TEA CHIA FRUIT PUDDING; WW BREAD  BEEF, PEPPER, AND CHEESY WONTON STARS; ORANGES	<b>6</b> APPLE PIE OATMEAL  CHILI; WHOLE GRAIN CHIPS; GRAPES
<b>9</b> CHEESEY ENGLISH MUFFINS; PINEAPPLE  CHICKEN SAUSAGE, POTATO, PEPPER SKIILLET BAKE; WW BREAD; FRUIT SALAD	<b>10</b> WW DROP BISCUITS; ORANGE SMOOTHIE  BROCCOLI CHEDDAR SOUP; WW ROLLS; MANGOS	<b>11</b> EGG AND CHEESE BREAKFAST POCKETS  SHEPHERD'S PIE WITH GREEN BEANS; WW BREAD; MELON SALAD	<b>12</b> ORANGE JUICE; WW BAGEL  BBQ CHICKEN SANDWICH; COLESLAW; BERRY SMOOTHIE	<b>13</b> WHOLE WHEAT BLUEBERRY MUFFINS; BANANAS  TROPICAL TURKEY SALAD WITH MANDARIN ORANGES, PEPPERS, CELERY WITH ITALIAN DRESSINGS; WW DINNER ROLLS
<b>16</b> WHOLE WHEAT RAISIN BREAD AND BUTTER; GREEN SMOOTHIE  BARLEY CORN AND TOMATO SALAD; ROAST BEEF; WW ROLLS; ORANGES	<b>17</b> WHOLE GRAIN WAFFLES; BANANAS  CREAMED CHICKEN WITH BROCCOLI AND BISCUITS; MANGOS	<b>18</b> HASHBROWN CASSEROLE WITH PEPPERS AND CHEESE; WW BREAD  PIZZA POCKETS; BROCCOLI SPEARS; APPLES	<b>19</b> 7 GRAIN MUFFINS; PEARS  TOMATO SOUP AND GRILLED CHEESE; APPLES	<b>20</b> WHOLE GRAIN CEREAL; PINEAPPLE  TURKEY SUBS WITH LETTUCE AND TOMATO; GRAPES
<b>23</b> <p style="text-align: center;"><b>CLOSED</b> for <b>Christmas Break</b></p>	<b>24</b> <p style="text-align: center;"><b>CLOSED</b> for <b>Christmas Break</b></p>		<b>26</b> <p style="text-align: center;"><b>CLOSED</b> for <b>Christmas Break</b></p>	<b>27</b> <p style="text-align: center;"><b>CLOSED</b> for <b>Christmas Break</b></p>
<b>30</b> BANANA TAHINI HUNGER BUSTER BAKE  TACO SALAD WITH WHOLE GRAIN CHIPS; PEARS	<b>31</b> BERRY AND FRUIT BREAKFAST PIZZA  CHICKEN STIR-FRY WITH VEGGIES; BROWN RICE; PUMPKIN APPLE PUREE			

\*All fruit is as available \*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.