

# FEBRUARY 2016 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Lasagna Soup with Turkey Grapefruit	2 Southwestern Chicken Salad Wrap Tossed Salad with Kale	3 BBQ Turkey Sandwiches Pepper Slices Cantaloupe	4 Chili Mac Honeydew	5 Cheeseburgers on Whole Wheat Bun Sweet Potato Fries Pineapple
8 <b>Chinese New Year</b> Broccoli Beef Stir Fry Brown Rice Mixed Berries	9 Cheese Quesadillas Roasted Cauliflower Grapes	10 Mexi Quinoa Salad Mixed Fruit Salad	11 Cream Cheese Bagel Face Sandwiches Apple Slices with Peanut Butter	12 Cheesy Beef Pasta Bake Steamed Corn Applesauce
15 <b>President's Day</b> Turkey Marinara over Penne Pasta Tossed Salad Orange Smoothie	16 Cobb Salad with Kale Garlic Whole Wheat Breadstick	17 Chicken Vegetable Soup Garlic Wheat Bread Mango Slices	18 Pork Tacos Pineapple	19 Mac and Cheese with Chicken & Cauliflower Honeydew & Blueberries
22 Beef Tamale Pie Pepper Slices  Pears	23 Chicken and White Bean Chili Cornbread Muffin Fruit Sorbet	24 Cranberry Turkey and Swiss Wraps Tossed Salad Pineapple	25 Scrambled Eggs with Veggies and Turkey Bacon Whole Wheat Toast Grapefruit	26 Beef Tips over Penne Tossed Salad Bananas
29 Turkey Bacon Club Salad Cheeses Sticks Wheat Rolls Mango				

\*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.

