

FEBRUARY 2017 LUNCH MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| | | 1 BBQ Turkey Sandwiches Pepper Slices Seasonal Fruit | 2 Chili Mac Tossed Salad | 3 Cheeseburgers on Whole Wheat Bun Sweet Potato Fries Pineapple |
| 6 Broccoli Beef Stir Fry Brown Rice Bananas | 7 Cheese Quesadillas Roasted Cauliflower Grapes | 8 Mexi Quinoa Salad Mixed Fruit Salad | 9 Cream Cheese Bagel Face Sandwiches Apple Slices with Peanut Butter | 10 Cheesy Beef Pasta Bake Steamed Corn Pineapple |
| 13 Turkey Marinara over Penne Pasta Tossed Salad Orange Smoothie | 14 Cobb Salad with Kale Garlic Whole Wheat Breadstick | 15 Chicken Vegetable Soup Garlic Wheat Bread Mango Slices | 16 Mac and Cheese with Chicken & Cauliflower Tossed Salad | 17 Beef Tips over Penne Tossed Salad Bananas |
| 20 President's Day Beef Tamale Pie Pepper Slices Pears | 21 Chicken and White Bean Chili Cornbread Muffin Fruit Sorbet | 22 Cranberry Turkey and Swiss Wraps Tossed Salad Pineapple | 23 Scrambled Eggs with Veggies and Turkey Bacon Whole Wheat Toast Grapefruit | 24 Pork Tacos Pineapple |
| 27 Turkey Bacon Club Salad Cheeses Sticks Wheat Rolls Mango | 28 Chinese Chicken Salad with Kale Breadstick Clementine's | | | |

*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.

