

FEBRUARY 2018 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Chili Mac Tossed Salad Pears	2 Cheeseburgers on Whole Wheat Bun Sweet Potato Fries Pineapple
5 Broccoli Beef Stir Fry Brown Rice Mixed Fruit Salad	5 Cheese Quesadillas Roasted Cauliflower Peach Smoothie	7 Mexi Quinoa Salad Pears	8 Cream Cheese Bagel Face Sandwiches Apple Slices with Peanut Butter	9 Cheesy Beef Pasta Bake Steamed Corn Pineapple
12 Turkey Marinara over Penne Pasta Tossed Salad Orange Smoothie	13 Cobb Salad with Kale Garlic Whole Wheat Breadstick	14 Chicken Vegetable Soup Garlic Wheat Bread Blueberry- banana Smoothie	15 Mac and Cheese with Chicken & Cauliflower Tossed Salad	16 Beef Tips over Penne Tossed Salad Bananas
19 Beef Tamale Pie Pepper Slices Pears	20 Chicken and White Bean Chili Cornbread Muffin Fruit Sorbet	21 Cranberry Turkey and Swiss Wraps Tossed Salad Pineapple	22 Scrambled Eggs with Veggies and Turkey Bacon Whole Wheat Toast Grapefruit	23 Pork Tacos Tropical Smoothie
26 Turkey Bacon Club Salad Cheeses Sticks Wheat Rolls Mango	27 Chinese Chicken Salad with Kale Breadstick Pears	28 Shepherd's Pie Mashed Sweet Potatoes Garlic Bread Marinated Cucumber and Tomato		

*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.

