


FEBRUARY 2019 BREAKFAST AND LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
ALL FRUIT AS AVAILABLE WITH WINTER AVAILABILITY				1 ZUCCHINI MUFFINS; APPLES BROCCOLI CHEDDAR SOUP, WW DINNER ROLLS; ORANGES
4 BANANA BREAD; CANTALOUPE PIZZA; ZUCCHINI STICKS; GRAPES	5 GREEN BLUEBERRY SMOOTHIE; HOT RICE CEREAL SPINACH, APPLE, CHICKEN SALAD WITH ITALIAN DRESSING; BREADSTICKS	6 SCRAMBLED EGGS WITH BROCCOLI AND TOMATOES; WW BREAD BEEF CHILI WITH BEANS AND TOMATOES; WHOLE WHEAT FLOUR CORNBREAD; WATERMELON	7 BAGELS WITH JELLY; PEARS TUNA SALAD SANDWICHES; CUCUMBERS IN RANCH; SEASONAL FRUIT SALAD	8 BAKED OATMEAL SPAGHETTI WITH PEAS (PROTEIN COMPONENT); SIDE SALAD WITH ITALIAN DRESSING; BANANAS
11 WW BLUEBERRY MUFFINS; PUMPKIN/APPLE/BANANA PUREE CORN AND POTATO SOUP WITH TURKEY BACON; DINNER ROLLS; PLUMS	12 BREAKFAST BURRITOS WITH PEPPERS, EGGS, CHEESE, AND CHICKEN SAUSAGE BEEF TACO SLAD WITH LETTUCE AND TOMATOES; HONEYDEW	13 APRICOTS; WW ENGLISH MUFFINS WITH PEANUT BUTTER LENTIL LOAF; WW BREAD; BROCCOLI RAISIN SALAD	14 PEANUT BUTTER/KALE/BLUEBERRY SMOOTHIE; CEREAL GRILLED CHEESE AND TOMATO SOUP; SPINACH SALAD	15 PINEAPPLE; HONEYED BAGELS FRENCH DIPS; PEPPER STICKS; PEARS
18 PUMPKIN BREAD; APPLES TUNA PITA SANDWICHES; CUCUMBERS; PEARS	19 WW MUFFINS; STEAMED CARROTS SLOPPY JOES AND SWEET POTATO FRIES; CELERY STICKS (1'S ZUCCHINI); ORANGES	20 SCALLOPED BROCCOLI WITH DROP BISCUITS CHICKEN RAGU OVER BROWN RICE; PINEAPPLE	21 YOGURT WITH FROZEN BERRIES; ENGLISH MUFFINS WITH JELLY HAMBURGER MAC AND CHEESE; GREEN BEANS; WARM PEARS	22 OVEN PANCAKES; FRUIT SMOOTHIES MINISTRONE SOUP; APRICOTS
25 CEREAL AND BANANAS LAMB AND BEAN STEW; DINNER ROLLS; PINEAPPLE	26 WAFFLES; MELONS THAI RICE NOODLES WITH TOFU, CARROTS, CELERY; ORANGES	27 BROCCOLI POTATO HASH; WW TOAST AND BUTTER HAMBURGER GRAVY OVER WW BREAD; ROAST CAULIFLOWER; WATERMELON	28 APPLE "PIE" OVERNIGHT OATS CHICKEN AND STUFFING CASSEROLE; ROAST CARROTS WITH HONEY; RAISINS	 Golden Rule Grocers

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.

