

FEBRUARY 2020 BREAKFAST AND LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 YOGURT AND BERRIES; WHOLE WHEAT BREAD HOT DOG WRAPS; GREEN BEANS; FRUIT SALAD	4 WHOLE WHEAT CARROT SPICE MUFFINS; BANANAS BAKED MAC N' CHEESE; PEAS; PUMPKIN PUREE	5 BREAKFAST HASH WITH SPINACH AND EGGS; WHOLE WHEAT BREAD TOT'CHOS; CELERY STICKS; GRAPEFRUIT	6 WHOLE WHEAT PANCAKE BAKE AND BERRIES CHILI; GRAPES; WHOLE GRAIN CHIPS (1'S BREAD)	7 GRAIN MUFFINS; PINEAPPLE TURKEY SUBS WITH LETTUCE AND TOMATOES; ORANGES
10 ORANGE JUICE; BAGELS WITH JELLY BEAN AND CHEESE BURRITOS WITH SALSA; APPLESAUCE	11 FLAX HUNGER BUSTER BAKE; BANANAS CREAMED CHICKEN WITH BROCCOLI AND BISCUITS; MANGOES	12 APPLE PIE OATMEAL BEEF, PEPPER, AND CHEESE WANTON STARS; APPLESAUCE	13 ENGLISH MUFFINS WITH JELLY; APPLES TOFU VEGGIE STIR FRY OVER BROWN RICE; PEARS	14 7 DROP BISCUITS; CHICKEN SAUSAGE; BANANAS CHICKEN NOODLE SOUP; WHOLE GRAIN ROLL; ORANGES
17 BANANA BREAD; RASPBERRY SMOOTHIE GRILLED CHEESE AND TOMATO SOUP; MELONS AS AVAILABLE	18 SCRAMBLED EGGS; GRAPES; WW BREAD BBQ CHICKEN SANDWICHES; COLESLAW; APPLES	19 RAISIN BREAD; ORANGE SMOOTHIE PEANUT BUTTER SANDWICHES; BANANAS; BROCCOLI SPEARS	20 CEREAL; PINEAPPLE SPINACH SALAD WITH TURKEY, MANGO AND PEPPERS WITH ITALIAN DRESSING; WHOLE WHEAT ROLLS	21 NO SCHOOL Staff In-Service Day
24 SPOTTED PUP TUNA SANDWICHES; CAULIFLOWER SPEARS; SEASONAL FRUIT SALAD	25 FRENCH TOAST BAKE; APPLESAUCE SLOPPY JOES; PEPPERS; PUMPKIN PUREE	26 WHOLE GRAIN WAFFLES; GRAPEFRUIT CHICKEN ALFREDO; BROCCOLI; BREADSTICKS	27 CHEESE QUESADILLAS CABBAGE BURGERS; ORANGES	28 CHICKPEA BROWNIES; BERRY GREEN SMOOTHIE BROCCOLI CHEDDAR SOUP; WHOLE WHEAT ROLLS; MANGOS

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.