



JANUARY 2019 BREAKFAST AND LUNCH MENU

| Monday | Tuesday | Wednes4day | Thursday | Friday |
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|  | | 2 PANCAKE BAKE WITH SYRUP; APPLES BROCCOLI CHEDDAR SOUP; DINNER ROLLS; ORANGES | 3 BLUEBERRY MUFFINS; GREEN SMOOTHIE WITH BLUEBERRIES CHEESEBURGER CASSEROLE WITH GREEN BEANS; PINEAPPLE | 4 ENGLISH MUFFINS WITH CHEESE; MASHED PUMPKIN SLOPPY JOES ON WHOLE WHEAT BREAD; PEARS |
| 7 POTATO HASH WITH BROCCOLI AND EGGS; WHOLE WHEAT BREAD WHITE CHICKEN CHILI; WHOLE GRAIN CHIPS (1S BREAD); PLUMS (IF AVAILABLE); LETTUCE SALAD | 8 BANANA PEANUT BUTTER AND JELLY "HOT DOGS" TUNA CASSEROLE WITH PEAS; MELONS AS AVAILABLE | 9 BAKED OATMEAL WITH APPLES CHEESE PIZZA; ORANGES; RED ANN GREEN PEPPER SLICES | 10 WHOLE GRAIN CEREAL; PINEAPPLE CHICKEN SALAD SANDWICHES; BROCCOLI RAISIN SALAD | 11 BERRILICIOUS COCONUT SMOOTHIE; BAGEL WITH JELLY BEAN AND TURKEY BACON SOUP WITH CELERY AND CARROTS; PEARS; MAC AND CHEESE WHOLE WHEAT PASTA BAKE |
| 17 MILD SHAKSHUKA; WHOLE WHEAT BREAD AND BUTTER LOCAL BEEF SOFT SHELL TACOS WITH LETTUCE, TOMATOES, AND SALSA; WHOLE GRAIN CHIPS (1'S BREAD); PEARS | 15 HEALTHY BREAKFAST COOKIES; BANANAS TUNA SANDWICHES; WARM PUMPKIN/SQUASH WEDGES; SEASONAL FRUIT SALAD | 16 SPOTTED PUP (RICE AND RAISINS) HOT DOG WRAPS; CAULIFLOWER; APPLES | 17 FRUIT OVER COTTAGE CHEESE; WHOLE WHEAT ENGLISH MUFFINS WITH JELLY BLACK BEAN AND RICE VEGGIE BOWL; PLUMS AS AVAILABLE | 18 SCRAMBLED EGGS; WHOLE WHEAT BAGELS WITH JELLY CHICKEN BROCCOLI ALFREDO; PINEAPPLE |
| 21 YOGURT WITH FROZEN FRUIT; WHOLE WHEAT WITH JELLY GRILLED CHEESE WITH TOMATO SOUP; BANANAS | 22 FRENCH TOAST STICKS; APPLESAUCE CHICKEN SAUSAGE ZUCCHINI FOCACCIA BREAD; CANTALOUPE IF AVAILABLE | 23 WHOLE WHEAT MUFFINS; CARROT STICKS (1'S STEAMED) CABBAGE BURGERS; PINEAPPLE, TOSSED SALAD | 24 PEANUT BUTTER HONEY TORTILLAS; MELONS AS AVAILABLE CHICKEN AND NOODLE CASSEROLE WITH CELERY AND CARRTOS; ORANGES | 25 CINNAMON RAISIN BREAD; BANANAS TUNA MACARONI SALAD WITH PEAS; APPLES |
| 28 WHOLE WHEAT BANANA BREAD; PEARS MEATLOAF WITH GRAVY; MASHED CARROTS; WHOLE WHEAT BREAD WITH BUTTER; PINEAPPLE | 29 HASHBROWNS WITH PEPPERS; WHOLE WHEAT BREAD WITH JELLY ROAST SQUASH SOUP; BREADSTICKS; APPLES | 30 SCRAMBLED EGGS WITH BROCCOLI AND CHEESE; WHOLE WHEAT ENGLISH MUFFINS CHICKEN ZUCCHINI TOMATO PASTA BAKE; DINNER ROLLS; ORANGE SMOOTHIE | 31 STRAWBERRY BREAKFAST "CAKE"; APPLESAUCE AND RAISINS CHEESE QUESADILLAS; CUCUMBER SPEARS; GREEN SMOOTHIE |  |

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.