

# JANUARY 2020 BREAKFAST AND LUNCH MENU

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|--|--|--|--|---|
|  |  | <b>1</b><br><br>Bring on the NEW YEAR! | <b>2</b><br>BLUEBERRY MUFFINS; FRUIT AND VEGGIE SMOOTHIE<br><br>CHEESEBURGER CASSEROLE WITH GREEN BEANS; PINEAPPLE                         | <b>3</b><br>ENGLISH MUFFINS WITH CHEESE; PUMPKIN PUREE<br><br>PEANUT BUTTER JELLY SANDWICHES; GREEN BEAN SPEARS; SEASONAL FRUIT SALAD |
| <b>6</b><br>POTATO HASH WITH SPINACH AND EGGS; WHOLE WHEAT BREAD<br><br>HOT DOG WRAPS; CAULIFLOWER; ORANGES  | <b>7</b><br>BANANA "HOT DOGS"<br><br>TUNA CASSEROLE WITH PEAS; MELONS AS AVAILABLE                                 | <b>8</b><br>BAKED OATMEAL WITH APPLES<br><br>CHEESE PIZZA; BROCCOLI SPEARS; BERRY SMOOTHIE (1'S STEAMED)                 | <b>9</b><br>BAGELS WITH CREAM CHEESE; GRAPEFRUIT<br>WHITE CHICKEN CHILI; WHOLE GRAIN CHIPS (1S BREAD); PLUMS (IF AVAILABLE); LETTUCE SALAD | <b>10</b><br>WHOLE GRAIN CEREAL; PINEAPPLE<br><br>BEAN AND TURKEY BACON SOUP WITH CELERY AND CARROTS; PEARS; ROLLS                    |
| <b>13</b><br>SCRAMBLED EGGS; WHOLE WHEAT BREAD WITH JELLY<br><br>LOCAL BEEF SOFT SHELL TACOS WITH LETTUCE, TOMATOES, AND SALSA; WHOLE GRAIN CHIPS (1'S BREAD); PEARS | <b>14</b><br>HEALTHY BREAKFAST COOKIES; BANANAS<br><br>SLOPPY JOES ON WHOLE WHEAT BREAD; PEARS                     | <b>15</b><br>SPOTTED PUP (RICE AND RAISINS)<br><br>CHICKEN BROCCOLI ALFREDO; PINEAPPLE                                   | <b>16</b><br>FRUIT OVER COTTAGE CHEESE; WHOLE WHEAT ENGLISH MUFFINS<br><br>CHICKEN POT PIE SOUP; MELON SALAD                               | <b>17</b><br><br><p style="text-align: center;">Closed for Staff In-Service</p>   |
| <b>20</b><br>YOGURT WITH FRUIT; WHOLE WHEAT BREAD<br><br>GRILLED CHEESE WITH TOMATO SOUP; PEARS  | <b>21</b><br>FRENCH TOAST BAKE; APPLESAUCE<br><br>CHICKEN SAUSAGE ZUCCHINI POTATO SKILLET; CANTALOUPE IF AVAILABLE | <b>22</b><br>WHOLE WHEAT MUFFINS; ORANGE SMOOTHIE<br><br>CABBAGE BURGERS; PINEAPPLE                                      | <b>23</b><br>BANANA BREAD; MELONS AS AVAILABLE<br><br>CHICKEN AND NOODLE CASSEROLE WITH CELERY AND CARRTOS; ORANGES                        | <b>24</b><br>CINNAMON RAISIN BREAD; GRAPEFRUIT<br><br>CHICKEN SALAD SANDWICHES; BROCCOLI RAISIN SALAD                                 |
| <b>27</b><br>LOW SUGAR COFFEE CAKE; PEARS<br><br>MEATLOAF WITH GRAVY; CORN; WHOLE WHEAT BREAD WITH BUTTER; PINEAPPLE   | <b>28</b><br>VEGGIE FRITTATA; WHOLE WHEAT BREAD WITH JELLY<br><br>BROCCOLI CHEDDAR RICE BAKE; ORANGES              | <b>29</b><br>WHOLE WHEAT ENGLISH MUFFINS; APPLES<br><br>BAKED ZITI; DINNER ROLLS; FRUIT SMOOTHIES                        | <b>30</b><br>WHOLE GRAIN WAFFLES; GREEN SMOOTHIE<br><br>CHEESE QUESADILLAS; CUCUMBER SPEARS; GRAPES  | <b>31</b><br>PANCAKE BAKE WITH SYRUP; APPLES<br><br>BROCCOLI CHEDDAR SOUP; DINNER ROLLS; PEARS  |

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.