

# JULY 2015 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Teriyaki Pork Brown Rice Stir Fry Veggies Strawberries	2 Roasted Tomato Broccoli Turkey Penne  Seasonal Fruit	3 Club Chicken Salads Wheat Rolls  Pineapple
6 Black Bean and Cheese Quesadillas Steamed Corn  Grapes	7 Lean Beef Stew with Carrots, Celery and Potatoes  Fruit Salad	8 California Chicken Melt  Grapefruit	9 Veggie Egg Scramble Wheat Bread with Fresh Fruit Preserves  Puiot (seasonal fruit cross between plum and apricot)	10 <b>Parade Day</b> Turkey Cheddar Sandwiches Cucumber Slices  Apple Slices
13 French Bread Pizzas with Turkey Sausage Tossed Salad  Seasonal Fruit	14 Grilled Tuna Patty on Wheat Roll Pepper Slices Orange Slices	15 Asian Chicken Salad Lettuce Wraps Brown Rice  Asian Pear	16 Beef Tetrazzini  Celery Sticks  Pineapple	17 Mexi - Quinoa Salad  Honeydew
20 Peanut Butter Banana Berry Wraps  Grapefruit	21 Chicken Chef Salad Bread Stick  Strawberries	22 Beef Tamale Pie Pepper Slices  Seasonal Fruit	23 BBQ Chicken Sandwiches Coleslaw Peaches	24 Lean Beef Tacos  Watermelon
27 Shredded Chicken Nachos with Lettuce Tomato and Cheese  Orange Slices	28 Cheesy Beef Pasta Bake Steamed Corn Tossed Salad	29 Turkey and Wild Rice Casserole Steamed Carrots  Seasonal Fruit	30 Turkey Meatloaf Garlic Bread Snap Peas  Nectarines	31 Egg Salad Sandwiches Pepper Slices  Honeydew

\*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.

