

JULY 2016 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Club Chicken Salads Wheat Rolls Pineapple
4 Closed for Independence Day	5 Black Bean and Cheese Quesadillas Steamed Corn Grapes	6 California Chicken Melt Grapefruit	7 Veggie Egg Scramble Wheat Bread with Fresh Fruit Preserves Pluot (seasonal fruit cross between plum and apricot)	8 Mexi - Quinoa Salad Honeydew
11 French Bread Pizzas with Turkey Sausage Tossed Salad Seasonal Fruit	12 Grilled Tuna Patty on Wheat Roll Pepper Slices Orange Slices	13 Asian Chicken Salad Lettuce Wraps Brown Rice Asian Pear	14 Beef Tetrazzini Celery Sticks Pineapple	15 Parade Day Turkey Cheddar Sandwiches Cucumber Slices Apple Slices
18 Peanut Butter Banana Berry Wraps Grapefruit	19 Chicken Chef Salad Bread Stick Strawberries	20 Beef Tamale Pie Pepper Slices Seasonal Fruit	21 BBQ Chicken Sandwiches Coleslaw Peaches	22 Lean Beef Tacos Watermelon
25 Shredded Chicken Nachos with Lettuce Tomato and Cheese Orange Slices	26 Cheesy Beef Pasta Bake Steamed Corn Tossed Salad	27 Turkey and Wild Rice Casserole Steamed Carrots Seasonal Fruit	28 Egg Salad Sandwiches Pepper Slices Nectarines	29 Turkey Meatloaf Garlic Bread Snap Peas 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.