


JULY 2017 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Black Bean and Cheese Quesadillas Steamed Corn</p> <p>Grapes</p>	<p>4</p> <p style="text-align: center;">Closed for Independence Day</p>	<p>5</p> <p>California Chicken Melt</p> <p>Fruit Smoothie</p>	<p>6</p> <p>Veggie Egg Scramble Wheat Bread with Fresh Fruit Preserves Pluot (seasonal fruit cross between plum and apricot)</p>	<p>7</p> <p>Mexi - Quinoa Salad</p> <p>Honeydew</p>
<p>10</p> <p>French Bread Pizzas with Turkey Sausage Tossed Salad</p> <p>Peaches</p>	<p>11</p> <p>Lean Beef Tacos Mango</p>	<p>12</p> <p>Asian Chicken Salad Lettuce Wraps Brown Rice</p> <p>Asian Pear</p>	<p>13</p> <p>Beef Tetrazzini</p> <p>Steamed Corn</p> <p>Pineapple</p>	<p>14</p> <p style="text-align: center;">Parade Day</p> <p>Turkey Cheddar Sandwiches Cucumber Slices</p> <p>Apple Slices</p>
<p>17</p> <p>Peanut Butter Banana Berry Wraps</p> <p>Tossed Salad</p>	<p>18</p> <p>Chicken Chef Salad Bread Stick</p> <p>Watermelon</p>	<p>19</p> <p>Beef Tamale Pie Pepper Slices</p> <p>Strawberries</p>	<p>20</p> <p>BBQ Chicken Sandwiches Coleslaw Peaches</p>	<p>21</p> <p>Grilled Tuna Patty on Wheat Roll with lettuce and tomato Pepper Slices</p>
<p>24</p> <p>Shredded Chicken Nachos with Lettuce Tomato and Cheese</p> <p>Plums</p>	<p>25</p> <p>Cheesy Beef Pasta Bake Steamed Corn Tossed Salad</p>	<p>26</p> <p>Turkey and Wild Rice Casserole Steamed Carrots</p> <p>Seasonal Fruit</p>	<p>27</p> <p>Egg Salad Sandwiches Pepper Slices</p> <p>Nectarines</p>	<p>29</p> <p>Turkey Meatloaf Garlic Bread Snap Peas</p> <p>Honeydew</p>
<p>31</p> <p>Club Chicken Salad Wheat Roll With Pineapple and Mango</p>				 <p>The logo for First Light Early Education Center features the words "First Light" in a large, purple, cursive font. Below it, "EARLY EDUCATION CENTER" is written in a smaller, purple, sans-serif font. A small yellow sun icon is positioned above the letter 'i' in "Light".</p>

*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.