



# JULY 2018 BREAKFAST AND LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>2</b> WHOLE GRAIN CEREAL; BANANAS  BEEF ENCHILADAS; SALSA; PINEAPPLE	<b>3</b> BREAKFAST BURRITOS; WATERMELON  TUNA WRAPS WITH CUCUMBERS; PEARS	<b>4</b> <b>CLOSED</b>  <b>For Independence Day</b>	<b>5</b> <b>CLOSED</b>  <b>For Summer Break</b>	<b>6</b> <b>CLOSED</b>  <b>For Summer Break</b>	
<b>9</b> ZUCCHINI MUFFINS; CANTALOUPE  CREAMY CHICKEN PASTA, BROCCOLI, AND CHEDDAR; PINEAPPLE	<b>10</b> SAUSAGE AND CHEESE FRITTATA; APPLE SLICES  BEEFY SPANISH RICE WITH TOMATOES, CORN AND BEANS; GRAPES	<b>11</b> BAGELS WITH PEANUT BUTTER AND HONEY; BANANAS HAMBURGER STROGANOFF; GREEN BEANS; FRUIT SALAD	<b>12</b> WHOLE WHEAT BANANA BREAD; PEARS  TUNA NOODLE CASSEROLE WITH PEAS; PINEAPPLE	<b>13</b> <b>PARADE DAY</b> FRUIT SMOOTHIE BOWLS WITH OAT CRISP CEREAL  PBJ SAMMIES: APPLESAUCE CUPS: PEPPER SLICES	
<b>16</b> ENGLISH MUFFINS; EGGS; ORANGES  EGG SALAD SANDWICHES; CUCUMBER SPEARS; APPLES	<b>17</b> OATMEAL WITH APPLES AND RAISINS  CHICKEN STIR-FRY WITH CAULIFLOWER AND BROCCOLI; BROWN RICE; BANANAS	<b>18</b> RAISIN BREAD; PEANUT BUTTER; WATERMELON  MEATBALLS IN MARANARA SAUCE; PASTA; BROCCOLI; CANTALOUPE	<b>19</b> FRUITY BREAKFAST WRAPS  TURKEY, CHEESE, CRACKERS "LUNCHABLES" STYLE; CELERY STICKS (1'S CAULIFLOWER); GRAPES	<b>20</b> WHOLE WHEAT MUFFINS; PINEAPPLE  MACARONI SALAD WITH PEAS, CHEESE, AND TURKEY; APPLES	
<b>23</b> OVEN PUFF PANCAKES; FRUIT SALAD  BBQ CHICKEN SANDWICHES; SIDE SALAD; PEARS	<b>24</b> YOGURT WITH FROZEN BERRIES  LASAGNA WITH SPINACH, CHEESE AND BEEF; PINEAPPLE	<b>25</b> BANANA DOGS (ON WHOLE WHEAT BUNS WITH PEANUT BUTTER AND JELLY)  CHICKEN QUESADILLAS; WATERMELON	<b>26</b> APPLE CINNAMON OATMEAL BREAD; APPLES  PIZZA BAGELS; CARROT STICKS (1'S STEAMED); CAULIFLOWER	<b>27</b> SCRAMBLED EGGS, BAGEL, AND ORANGES  CHICKEN SALAD SANDWICHES ON WHOLE WHEAT BREAD (1'S CAULIFLOWER), AND LETTUCE	
<b>30</b> SPINACH AND SAUSAGE EGG CUPS; WW BREAD; APPLES  SLOPPY JOES; BROCCOLI SPEARS; PEARS	<b>31</b> BLUEBERRY MUFFINS; PINEAPPLE  TURKEY BACON BLT; CUCUMBER SALAD; BANANAS				

\*All fruits and vegetables are fresh. Any grain will be whole wheat or multi-grain. All milk based products such as cheeses are 2% or low fat. All meats should be lean cut and low sodium. Any dip will be low fat or fat free. 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.