

# JUNE 2015 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Breast Sandwich on Whole Wheat Bun Coleslaw  Orange Slices	2 Green Salad with Cheese and Egg Breadstick  Cantaloupe	3 Roast Pork Loin  Wild Rice  Watermelon	4 Turkey Cranberry Wrap with Lettuce and Tomato  Pineapple	5 Spaghetti with Lean Beef Meat Sauce Garlic Bread  Salad
8 Chicken Fajita Salad Wheat Roll  Orange Slices	9 Turkey Breast with Dirty Rice Steamed Corn  Pineapple	10 Grilled Cheese Sandwiches with Marinara Dipping Sauce Pepper Slices Honeydew	11 Lean Beef Chili Corn Bread  Strawberries	12 Broccoli Cheese Soup Wheat Crackers  Watermelon
15 Chicken Salad Wraps with Lettuce and Tomato  Mandarin Oranges	16 Sweet and Sour Pork with Stir Fry Veggies Brown Rice Pineapple	17 Sloppy Joes on Wheat Roll Cucumber Tomato Salad Strawberries	18 Southwest Chicken Melt on Wheat Bread  Tossed Salad  Cantaloupe	19 Meatloaf  Mashed Sweet Potatoes  Apple Slices
22 Black Bean and Cheese Quesadilla Pepper Slices  Watermelon	23 Turkey Broccoli Pasta  Grapefruit	24 Taco Salad  Seasonal Fruit	25 BBQ Chicken Bagel Pizzas  Pineapple	26 Beef and Bean Burrito  Tossed Salad  Orange Slices
29 Ground Turkey Tacos with Lettuce and Tomato  Honeydew	30 Green Chili Chicken  Breadsticks  Strawberries			

\*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.