

JUNE 2016 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Roast Pork Loin Steamed Cauliflower and Carrots Wild Rice Watermelon	2 Spaghetti with Lean Beef Meat Sauce Garlic Bread Salad	3 Turkey Cranberry Wrap with Lettuce and Tomato Pineapple
6 Southwest Chicken Melt on Wheat Bread Tossed Salad Watermelon	7 Turkey Breast with Dirty Rice Steamed Corn Pineapple	8 Grilled Cheese Sandwiches with Marinara Dipping Sauce Pepper Slices Honeydew	9 Lean Beef Chili Corn Bread Strawberries	10 Shepherd's Pie Mashed Sweet Potatoes Garlic Bread
13 Chicken Salad Wraps with Lettuce and Tomato Orange Smoothie	14 Sloppy Joes on Wheat Roll Cucumber Tomato Salad Strawberries	15 Green Salad with Cheese and Egg Breadstick Cantaloupe	16 Chicken Fajita Salad Wheat Roll Orange Slices	17 Meatloaf Mashed Sweet Potatoes Garlic Parmesan Breadstick Apple Slices
20 Black Bean and Cheese Quesadilla Pepper Slices Watermelon	21 Turkey Broccoli Pasta Grapefruit	22 Taco Salad Cinnamon Chips Fruit Salsa	23 Peanut Butter and Berry Banana Tortilla Wrap Tossed Salad	24 BBQ Chicken Quesadilla Pineapple
27 Ground Turkey Tacos with Lettuce and Tomato Honeydew	28 French Toast Breakfast Sandwich with Eggs and Cheese Strawberry Banana Smoothie	29 Broccoli Cheese Soup Wheat Crackers Mango	30 Beef and Bean Burrito Tossed Salad Orange Slices	

*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.