


JUNE 2017 LUNCH MENU

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