


# JUNE 2017 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Turkey Breast with Dirty Rice Steamed Corn Pineapple
4 Egg Salad Sandwiches Bell Pepper Slices Watermelon	5 Turkey Cranberry Wrap with Lettuce and Tomato Pineapple	6 Taco Salad Cinnamon Chips  Fruit Salsa	7 ∞Creamy Chicken Noodle Casserole  Cantaloupe	8 Shepherd's Pie Mashed Sweet Potatoes Garlic Bread
11 Black Bean and Cheese Quesadilla Cucumber Tomato Salad Watermelon	12 French Toast Breakfast Sandwich with Eggs and Cheese Pepper Slices Strawberries	13 Green Salad with Cheese and Egg Breadstick  Cantaloupe	14 ∞Beef Sliders Cucumber Chips  Apples	15 French Bread Pizzas with Turkey Sausage Pepper Slices Honeydew
18 ∞Beef Taco Salad With Whole Grain Chips  Watermelon	19 ∞Baked Ziti with Cheese Breadsticks Cantaloupe	20 ∞Chicken and Broccoli Cheesy Rice  Fruit Salad	21 ∞Lasagna with Beef and Zucchini  Fruit Smoothie	22 ∞Beef, Corn Pasta Bake  Cucumber Spears
25 ∞Creamed Chicken on Bread Green Beans Bananas	26 ∞Beef Chili Rolls  Honeydew	27 ∞Cabbage Burgers (Runzas) Pineapple	28 ∞Shredded Chicken Tacos  Cantaloupe	29 ∞Beefy Pasta in Tomato Sauce Whole Wheat bread  Fruit Salad

\* All 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, fish and shellfish. fruits