

JUNE 2019 BREAKFAST AND LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 BANANA BREAD; GRAPEFRUIT CHICKEN SALAD WRAP ON WHOLE WHEAT TORTILLAS; GRAPES	4 YOGURT AND FROZEN BERRIES; WHOLE WHEAT BREAD BEEF TATER TOT CASSEROLE WITH GREEN BEANS; RAISINS	5 WHOLE WHEAT PANCAKE SQUARES; BANANAS PAD THAI CHICKEN WITH CELERY AND CARROTS; SEASONAL FRUIT SALAD	6 WHOLE GRAIN CEREAL; ORANGE SLICES TOMATO SOUP AND GRILLED CHEESE; APPLES	7 WHOLE WHEAT PUMPKIN MUFFINS; WATERMELON WHOLE WHEAT EGG SALAD SANDWICHES, SPINACH SIDE SALAD; BERRIES
10 WHOLE WHEAT ENGLISH MUFFINS WITH JELLY; TROPICAL SMOOTHIES MACARONI SALAD WITH PEAS, CHEESE AND TOMATOES; HONEYDEW	11 WHOLE GRAIN PEANUT BUTTER CEREAL BITES; APPLES BEEF TACOS ON ORGANIC CORN TORTILLAS WITH LETTUCE, CHEESE AND TOMATOES; PEACHES	12 COTTAGE CHEESE AND PINEAPPLE; WHOLE WHEAT BREAD SEASONED CHICKEN SALAD WITH CORN AND TOMATOES; PEARS	13 WHOLE WHEAT BAGELS WITH CREAM CHEESE; CANTALOUPE CHEESBURGER CASSEROLE WITH WHOLE WHEAT PASTA; BROCCOLI RAISIN SALAD	14 APPLE "PIE" OATMEAL LENTIL LOAF; MASHED POTATOES; WHOLE WHEAT BREAD; CAULIFLOWER; WATERMELON
17 WHOLE GRAIN WAFFLES; PINEAPPLE GOULASH; PEPPER AND CUCUMBER STICKS IN RANCH; CANTALOUPE	18 PB HONEY BANANA WW HOT DOGS TUNA SALAD ON WHOLE WHEAT PITA BREAD; SIDE SALAD WITH ITALIAN DRESSING; PLUMS IF AVAILABLE	19 WHOLE WHEAT CHICKPEA BROWNIES; HONEYDEW SHAKSHUKA; EGGS; WHOLE WHEAT BREAD; APPLES	20 BREAKFAST HASH WITH BROCCOLI, TOMATOES AND CHEESE; WHOLE WHEAT BREAD BBQ CHICKEN; WHOLE WHEAT ROLLS; CUCUMBER SLICES; BERRY SALAD	21 Closed for In-Service
24 WHOLE WHEAT ENGLISH MUFFINS; ORANGES RAGOUT, BROWN RICE, BANANAS	25 WHOLE WHEAT BLUEBERRY MUFFINS; RAISINS HOT DOG WRAPS; BROCCOLI SPEARS; BERRY SMOOTHIE	26 WHOLE WHEAT MINI CINNAMON ROLLS; PUMPKIN APPLE PUREE BEEF NACHOS WITH LETTUCE, TOMATOES; AND OLIVES; PLUMS	27 GREEN SMOOTHIE; HOT RICE CEREAL WITH MAPLE SYRUP LUNCHABLES STYLE CHEESE AND CRACKERS; WATERMELON; CAULIFLOWER	28 WHOLE WHEAT BAGELS AND JELLY; CANTALOUPE MEATLOAF AND GRAVY; CARROTS; WHOLE WHEAT BREADSTICKS; PINEAPPLE

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. Fruits and Vegetables may change based on availability.

