

JANUARY 2016 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 CLOSED HAPPY NEW YEAR
4 <i>National Spaghetti Day</i> Spaghetti Casserole Tossed Salad Mixed Berries	5 Bean and Cheese Burrito Pepper Slices Pineapple	6 Egg Salad Sandwich on Wheat Roll Steamed Mixed Vegetable Kiwi and Strawberry	7 Turkey Tetrazzini Steamed Carrots Clementine Oranges	8 Tomato Lean Beef Casserole w/ Polenta Crust Berry Smoothie
11 Chicken Florentine Casserole Steamed Broccoli Orange Smoothie	12 Teriyaki Pork Stir Fry Veggies Brown Rice Grapefruit	13 Cream of Potato Soup Cheese and Crackers Asian Pears	14 Lemon Pepper Chicken Breast Roasted Sweet Potatoes Grapes	15 Vegetable Beef Barley Soup Apples
18 Broccoli Cheese Soup Whole Wheat Roll Berry Medley	19 Turkey Bacon Club Salad Cheeses Sticks Wheat Rolls Honeydew	20 Sloppy Joes on Wheat Bun Cucumber Slices Blood Oranges	21 Citrus Chicken Salad Kale Garlic Breadsticks Pears	22 French Toast Sticks Scrambled Eggs Kiwi Tropical Smoothie
25 Chicken Tortilla Soup with Tortilla Strips Pineapple	26 Pork Chops Wild Rice Squash Baked Apples	27 Turkey and Swiss Melt Cucumber Slices Mixed Berries	28 Chicken Waldorf Salad over Greens Breadstick	29 Beef and Noodles Tossed Kale Salad Grapefruit

*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.

