

JANUARY 2017 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Egg Salad Sandwich on Wheat Roll Steamed Mixed Vegetable Mango	3 Bean and Cheese Burrito Pepper Slices Pineapple	4 <i>National Spaghetti Day</i> Spaghetti Casserole Tossed Salad	5 Teriyaki Pork Stir Fry Veggies Brown Rice Berry Smoothie	6 Turkey Tetrazzini Steamed Carrots Clementine Oranges
9 Chicken Florentine Casserole Steamed Broccoli Orange Smoothie	10 Cream of Potato Soup Cheese and Crackers Cucumber Slices	11 Tomato Lean Beef Casserole w/ Polenta Crust Grapefruit	12 Lemon Pepper Chicken Breast Roasted Sweet Potatoes Grapes Breadsticks	13 Vegetable Beef Barley Soup Apples
16 Broccoli Cheese Soup Crackers Grapes	17 Turkey Bacon Club Salad Hard Boiled Eggs Wheat Rolls Bananas	18 Sloppy Joes on Wheat Bun Cucumber Slices Blood Oranges	19 Citrus Chicken Salad Kale Garlic Breadsticks Seasonal Fruit	20 French Toast Sticks Scrambled Eggs Sorbet
23 Chicken Tortilla Soup with Tortilla Strips Pineapple	24 Pork Chops Wild Rice Squash Baked Apples	25 Turkey and Swiss Melt Cucumber Slices Marinated Tomatoes	26 Chicken Waldorf Salad over Greens Breadstick	27 Beef and Noodles Tossed Kale Salad Grapefruit
30 Lasagna Soup with Turkey Grapefruit	31 Southwestern Chicken Salad Wrap Tossed Salad with Kale			

*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.

