

# JANUARY 2018 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  <b>Closed</b> <b>New Year's Day</b>	<b>2</b> Citrus Chicken Salad Kale Garlic Breadsticks Seasonal Fruit	<b>3</b> Egg Salad Sandwich on Wheat Roll Steamed Mixed Vegetable Mango	<b>4</b> <i>National Spaghetti Day</i>  Spaghetti Casserole Tossed Salad	<b>5</b> Bean and Cheese Burrito Pepper Slices Pineapple
<b>8</b> Chicken Florentine Casserole Steamed Broccoli Orange Smoothie	<b>9</b> Cream of Potato Soup Cheese and Crackers Cucumber Slices	<b>10</b> Tomato Lean Beef Casserole w/ Polenta Crust Grapefruit	<b>11</b> Lemon Pepper Chicken Breast Roasted Sweet Potatoes Grapes Breadsticks	<b>12</b> Vegetable Beef Barley Soup Apples
<b>15</b> Chicken Tortilla Soup with Tortilla Strips Pineapple	<b>16</b> Turkey Bacon Club Salad Hard Boiled Eggs Wheat Rolls Bananas	<b>17</b> Sloppy Joes on Wheat Bun Cucumber Slices Blood Oranges	<b>18</b> Chef's Choice	<b>19</b> French Toast Sticks Scrambled Eggs with peppers and onions Sorbet
<b>22</b> Broccoli Cheese Soup Crackers Grapes	<b>23</b> Turkey and Swiss Melt Cucumber Slices Marinated Tomatoes	<b>24</b> Chicken Waldorf Salad over Greens Breadstick	<b>25</b> Turkey Tetrazzini Steamed Carrots Clementine Oranges	<b>26</b> Beef and Noodles Tossed Kale Salad Grapefruit
<b>29</b> Lasagna Soup with Turkey Grapefruit	<b>30</b> Southwestern Chicken Salad Wrap Tossed Salad with Kale	<b>31</b> Pork Chops Wild Rice Squash Baked Apples		

\*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.

