




JULY 2019 BREAKFAST AND LUNCH MENU

Monday	Tuesday	Wednes4day	Thursday	Friday
<p>1 WHOLE WHEAT BANANA BREAD; PINEAPPLE</p> <p>HAMBURGER MAC N' CHEESE; GREEN BEANS; PLUMS</p>	<p>2 PEANUT BUTTER HONEY WHOLE WHEAT BAGELS; APPLES</p> <p>EGG SALAD SANDWICHES; CUCUMBERS AND CARROTS IN RANCH; CANTALOUPE</p>	<p>3 CLOSED FOR SUMMER BREAK</p> 	<p>4 CLOSED FOR INDEPENDENCE DAY</p> 	<p>5 CLOSED FOR SUMMER BREAK</p> 
<p>8 WHOLE GRAIN CEREAL; WATERMELON</p> <p>BEEF SPAGHETTI WITH MEAT SAUCE AND ZUCCHINI; ORANGES</p>	<p>9 WHOLE WHEAT BERRY PANCAKE SQUARES WITH SYRUP; PINEAPPLE</p> <p>CHICKEN N' BROCCOLI CHEESY BROWN RICE; APPLESAUCE</p>	<p>10 CHEESY VEGGIE HASHBROWN CASSEROLE; WHOLE WHEAT BREAD</p> <p>PIZZA BAGELS; CUCUMBER SPEARS; APRICOTS</p>	<p>11 COTTAGE CHEESE WITH BANANAS</p> <p>VEGGIE CHILI; GRAPES</p>	<p>12 CLOSED for WYO PARADE DAY</p>
<p>15 CHOCOLATE HOT RICE CEREAL; RAISINS</p> <p>TUNA NOODLE CASSEROLE WITH PEAS; WATERMELON</p>	<p>16 SCRAMBLED EGG AND CHEESE ENGLISH MUFFINS; HONEYDEW</p> <p>CLASSIC HOT DOG ON WHOLE WHEAT BUNS; COLESLAW; BERRY SALAD</p>	<p>17 WW CINNAMON BREAD; APPLES</p> <p>ORANGE CHICKEN WITH BROWN RICE AND SNAP PEAS; ORANGES</p>	<p>18 GREEN BLUEBERRY SMOOTHIE; WW BAGELS</p> <p>BEEF TACO SALAD WITH WHOLE GRAIN TORTILLA CHIPS AND TOMATOES; CANTALOUPE</p>	<p>19 WHOLE WHEAT PUMPKIN MUFFINS; PINEAPPLE</p> <p>PEANUT BUTTER JELLY SANDWICH ON WHOLE WHEAT BREAD; PLUMS; CARROT STICKS</p>
<p>22 OVERNIGHT MAPLE OATMEAL; BANANAS</p> <p>GRILLED CHEESE AND TOMATO SOUP; HONEYDEW</p>	<p>23 WHOLE WHEAT BISCUITS AND CHICKEN SAUSAGE GRAVY; WATERMELON</p> <p>VEGGIE FRITTATA; WHOLE WHEAT BREAD; GRAPES</p>	<p>24 BREAKFAST COOKIES; PUMPKIN APPLESAUCE PUREE</p> <p>CHICKEN SALAD PITA SANDWICHES WITH LETTUCE AND TOMATOES; PINEAPPLE</p>	<p>25 MELON YOGURT WITH WHOLE WHEAT BREAD</p> <p>OPEN FACED BBQ CHICKEN ON WHOLE WHEAT BREAD; MASHED POTATOES; BROCCOLI SPEARS; PEACHES</p>	<p>26 WHOLE WHEAT BAKED FRENCH TOAST; BERRY SALAD</p> <p>BROCCOLI CHEDDAR SOUP; WHOLE GRAIN ROLLS; PLUMS</p>
<p>29 WHOLE WHEAT BAGELS; CREAM CHEESE; PINEAPPLE</p> <p>BEEFY VEGGIE QUINOA BOWL; BERRY SALAD</p>	<p>30 WHOLE GRAIN WAFFLES; APPLES</p> <p>CHEESY TOT'CHOS; PEPPER STICKS; SPANISH RICE; CANTALOUPE</p>	<p>31 WW CINNAMON ROLLS; SEASONAL FRUIT SALAD</p> <p>CABBAGE BURGERS; WATERMELON</p>		

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.