



MARCH 2019 BREAKFAST AND LUNCH MENU

Monday	Tuesday	Wednes4day	Thursday	Friday
<p>ALL FRUIT AS AVAILABLE WITH WINTER AVAILABILITY</p>				<p>1 WW PANCAKES WITH SYRUP; APPLES HAMBURGER MAC AND CHEESE CASSEROLE; ZUCCHINI SPEARS IN ITALIAN; ORANGES</p>
<p>4 WW BLUEBERRY MUFFINS; PEARS BEAN ENCHILADAS IN WHOLE WHEAT TORTILLAS WITH FRESH SALSA; PINEAPPLE</p>	<p>5 YOGURT WITH FROZEN BERRIES; WW BREAD AND JELLY CHICKEN HOME-MADE NOODLE SOUP WITH CARROTS AND CELERY; CANTALOUPE</p>	<p>6 SCRAMBLED EGGS WITH BROCCOLI AND TOMATOES; WW TOASTED ENGLISH MUFFINS TUNA FISH TACOS WITH SHREDDED CABBAGE AND TOMATOES; SEASONAL FRUIT SALAD</p>	<p>7 CHICKPEA AND WHOLE WHEAT PROTEIN LOW-SUGAR BLONDIES; BANANAS BEEF TATER TOT CASSEROLE WITH GREEN BEANS; WHOLE WHEAT BREAD AND BUTTER</p>	<p>8 TOASTED BAGELS WITH PB AND JELLY CHEESE WW TORTILLAS WITH BROCCOLI RAISIN SALAD</p>
<p>11 FUNKY MONKEY SMOOTHIES WITH BANANA AND PEANUT BUTTER; OATMEAL CHICKEN SAUSAGE ZUCCHINI BOATS WITH CHEESE AND BREAD CRUMBS; PINEAPPLE</p>	<p>12 WAFFLES FRUIT TACOS WITH PEANUT BUTTER TUNA SANDWICHES WITH MACARONI SALAD; MELONS AS AVAILABLE</p>	<p>13 BREAKFAST HASH WITH PEPPERS AND CHEESE; WHOLE WHEAT BREAD AND BUTTER SWEET POTATO SPINACH QUESADILLAS; BLUEBERRY BANANA SMOOTHIE</p>	<p>14 WHOLE GRAIN CEREAL; APPLES BEEF GOULASH WITH TOMATOES; BROCCOLI AND CAULIFLOWER SPEARS WITH SALSA; ORANGES</p>	<p>15 WHOLE WHEAT BANANA BREAD; PINEAPPLE SCALLOPED CHICKEN SAUSAGE POTATOES; WHOLE WHEAT BREAD AND BUTTER; APPLES</p>
<p>18 BACON, BROCCOLI, TOMATO, CHEESE AND SCRAMBLED EGG ENGLISH MUFFIN OPEN FACED SANDWICH CHICKEN ALFREDO WITH BROCCOLI; FROZEN FRUIT BARS</p>	<p>19 BAKED OATMEAL WITH RAISINS CHEESE PIZZA; SIDE SALAD WITH ITALIAN DRESSING; ORANGES</p>	<p>20 FRUIT PIZZA MUFFINS (ENGLISH MUFFINS WITH FRUITY CREAM CHEESE SPREAD AND BANANAS) BEEF, BEAN, TOMATO AND PEPPER BROWN RICE BOWL; APPLES</p>	<p>21 NO JUNK FRUIT MUFFINS; GREEN AND FRUIT SMOOTHIE BROCCOLI CHEDDAR SOUP; WW DINNER ROLLS WARM PEARS</p>	<p>22 TOASTED ENGLISH MUFFINS WITH APPLES AND CHEDDAR EGG SALAD SANDWICHES; LETTUCE SALAD; SEASONAL FRUIT SALAD</p>
<p>25 FRENCH TOAST; CANTALOUPE BEEF HOT DOG WRAPS; CREAMED CORN; PINEAPPLE</p>	<p>26 PB BANANA HOT DOGS SWEET AND SOUP PINEAPPLE AND PEPPER CHICKEN OVER RICE; ORANGES</p>	<p>27 VEGGIE PEPPER SHAKSHUKA OVER WHOLE WHEAT BREAD HAMBURGER GRAVY OVER WW BREAD; ROAST CAULIFLOWER; WATERMELON</p>	<p>28 LOW SUGAR BREAKFAST BARS; ORANGES CHEESY COLD POTATO SALAD WITH PEAS AND CORN; RAISINS</p>	<p>29 BREAKFAST PIZZA BAGELS WITH ZUCCHINI, TOMATOES AND CHEESE BEEF AND ZUCCHINI SPAGHETTI SQUASH SPAGHETTI; 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.