



MARCH 2020 BREAKFAST AND LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 WHOLE GRAIN CEREAL; BANANAS BEEF ENCHILADAS; SALSA; GRAPES	3 SPINACH FRITTATA AND WHOLE WHEAT BREAD TUNA SANDWICHES WITH CUCUMBERS; APPLES	4 SCRAMBLED EGGS, BAGEL, AND ORANGE JUICE HAMBURGER STROGANOFF; GREEN BEANS; FRUIT SALAD	5 OVEN PANCAKES; PINEAPPLE HOT DOGS ON WHOLE WHEAT BUNS; SIDE SALAD WITH ITALIAN DRESSING; PEARS	6 YOGURT WITH BERRIES AND WHOLE WHEAT BREAD VEGGIE CHILI; PINEAPPLE; WHOLE GRAIN CHIPS
9 ZUCCHINI MUFFINS; CANTALOUPE CABBAGE BURGERS; ORANGES	10 APPLE PIE OATMEAL BROCCOLI CHEDDAR RICE; GRAPES	11 BAGELS WITH PEANUT BUTTER AND HONEY; BANANAS BBQ CHICKEN SANDWICHES; SIDE SALAD; PEARS	12 WHOLE WHEAT BANANA BREAD; PEARS TUNA NOODLE CASSEROLE WITH PEAS; PINEAPPLE	13 FRUIT SMOOTHIE AND WHOLE WHEAT ENGLISH MUFFINS CHICKEN POT PIE SOUP; ROLLS; PUMPKIN PUREE;
16 ENGLISH MUFFINS; ORANGES EGG SALAD SANDWICHES; CUCUMBER SPEARS; APPLES	17 HOT RICE CEREAL WITH RAISINS CHICKEN STIR-FRY WITH CAULIFLOWER AND BROCCOLI; BROWN RICE; BANANAS	18 RAISIN BREAD; PEANUT BUTTER; MELONS SPAGHETTI WITH SPINACH MARANARA SAUCE; CANTALOUPE	19 WHOLE GRAIN WAFFLES PIZZA BAGELS; GRAPES	20 WHOLE WHEAT MUFFINS; PINEAPPLE TURKEY HOAGIES WITH LETTUCE AND TOMATOES APPLES
23 CLOSED	24 CLOSED	25 CLOSED	26 CLOSED	27 CLOSED
30 BLUEBERRY MUFFINS; APPLES SLOPPY JOES; BROCCOLI SPEARS; PEARS	31 CHICKPEA BROWNIES; PINEAPPLE TURKEY BACON BLT; CUCUMBER SALAD; BANANAS			

*All fruits and vegetables are fresh. Any grain will be whole wheat or multi-grain. All milk based products such as cheeses are 2% or low fat. All meats should be lean cut and low sodium. Any dip will be low fat or fat free. 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.