

# MAY 2016 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Ragout over Penne Pasta Tossed Salad Watermelon	3 Southwest Chicken Melt  Grapes	4 Lasagna Soup with Ground Turkey  Pineapple	5 <b>Cinco de Mayo</b> Ground Beef Nachos with Lettuce, Tomato and Olives Seasonal Fruit	6 Pancakes and Scrambled Eggs Banana Orange Slices
9 Cheese Pizza Cucumber and Celery Sticks Watermelon	10 BBQ Turkey Sandwiches Coleslaw  Grapes	11 Beefy Mac Tossed Salad Grapefruit	12 Grilled Tuna Patty on Wheat Roll Pepper Slices Honeydew	13 Cobb Salad with Kale Wheat Crackers Berry Medley
16 Turkey Florentine Casserole with Spinach, Broccoli, Tomato Cantaloupe	17 Cheeseburgers Sweet Potato Fries Berry Smoothie	18 Egg Salad Sandwiches on Wheat Bread Pepper Slices  Watermelon	19 Bean and Cheese Burrito Marinated Tomato Slices Oranges	20 Broccoli Pork Stir Fry  Brown Rice  Apples
23 Tomato Lean Beef Casserole w/ Polenta Crust Mango	24 Turkey Pear Salad with Kale  Wheat Roll	25 Open Face Pork Philly Melt  Strawberries and Pineapple	26 Chicken Quesadilla  Cucumber Tomato Salad Orange Slices	27 Cucumber and Tomato Sandwiches Hardboiled Eggs  Apple Slices
30 <b>Closed for Memorial Day</b>	31 Turkey Bacon BLT Cheese Salad Breadstick  Oranges	 <p>First Light EARLY EDUCATION CENTER</p>		

\*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.