

MAY 2017 LUNCH MENU

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

*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.