

MAY 2018 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Southwest Chicken Melt Grapes	2 Lasagna Soup with Ground Turkey Pineapple	3 ∞Tuna Casserole with Peas Oranges	4 Ground Beef Nachos with Lettuce, Tomato and Olives Seasonal Fruit
7 Cheese Pizza Cucumber and Celery Sticks Watermelon	8 BBQ Turkey Sandwiches Coleslaw Grapes	9 Beefy Mac Tossed Salad Grapefruit	10 ∞Turkey and Cheese Rolls Side Salad with Italian Dressing Whole Wheat Bread Pears	11 Pancakes and Scrambled Eggs and veggies Berry Medley
14 Turkey Florentine Casserole with Spinach, Broccoli, Tomato Cantaloupe	15 Cheeseburgers Sweet Potato Fries Berry Smoothie	16 Egg Salad Sandwiches on Wheat Bread Pepper Slices Watermelon	17 ∞Chicken Melt Sandwiches with Avocado, tomato and Lettuce Watermelon Roasted Cauliflower Slices	18 Bean and Cheese Burrito Marinated Tomato Slices Oranges
21 Tomato Lean Beef Casserole w/ Polenta Crust Mango	22 Turkey Pear Salad with Kale Wheat Roll	23 Open Face Pork Philly Melt Strawberries and Pineapple	24 ∞Shepherd's Pie with Green Beans, Strawberry Spinach Salad with Pomegranate Dressing Whole Wheat Bread	25 Chicken Quesadilla Cucumber Tomato Salad Orange Slices
28 Closed for Memorial Day	29 Turkey Bacon BLT Cheese Salad Breadstick Watermelon	30 Roast Pork Loin Steamed Malibu Blend Veggies Wild Rice Baked Apples	31 ∞Local Lamb Tacos with Lettuce Cheese and Tomato, Spanish Rice Cantaloupe	

*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. ∞ All foods are non-GMO and mostly if not all organic. Grains are whole grain. Served with organic milk.