

MARCH 2015 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 BBQ Pork on Wheat Roll Steamed Corn Honeydew	3 Chinese Chicken Salad with Kale Breadstick	4 Shepherd's Pie Mashed Sweet Potatoes Garlic Bread	5 Minestrone Soup Wheat Crackers Pineapple	6 Dirty Rice with Turkey Sausage Sliced Grapes
9 Black Bean Cheese Quesadilla Cucumber Salad Watermelon	10 Sweet and Sour Pork with Stir Fry Veggies Brown Rice Mandarin Oranges	11 Lean Beef Chili Wheat Crackers Strawberries	12 Californian Chicken Melt Sandwich Kale Tossed Salad	13 Zucchini Italian with Ground Turkey Grapefruit
16 Cheesy Chicken Cauliflower Pasta Orange Slices	17 Turkey Club Sandwich Marinated Veggie Salad	18 Yankee Pot Roast with Carrots and Potatoes Cantaloupe	19 Stuffed Pepper Soup with Turkey Sausage Mixed Berries	20 French Toast Breakfast Sandwich with Eggs and Cheese Strawberry Banana Smoothie
23 Cream of Potato Soup Wheat Crackers Cantaloupe	24 Taco Salad Fruit Salsa with Cinnamon Chips	25 Turkey Broccoli Casserole with Rice Apple Slices	26 Open Face Pork Philly Melt Orange Slices	27 Peanut Butter and Berry Banana Tortilla Wrap Tossed Salad
30 BBQ Beef Pizza Cucumber Slices Blueberries	31 Strawberry Spinach Chicken Salad Homemade Wheat Crouton's			

**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.