

MARCH 2016 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Chinese Chicken Salad with Kale Breadstick Clementine's	2 Shepherd's Pie Mashed Sweet Potatoes Garlic Bread	3 Minestrone Soup Wheat Crackers Pineapple	4 Dirty Rice with Turkey Sausage Sliced Grapes
7 Black Bean Cheese Quesadilla Cucumber Salad Pineapple	8 Sweet and Sour Pork with Stir Fry Veggies Brown Rice Oranges	9 Lean Beef Chili Wheat Crackers Watermelon	10 Californian Chicken Melt Sandwich Kale Tossed Salad	11 Zucchini Italian with Ground Turkey Grapefruit
14 Cheesy Chicken Cauliflower Pasta Orange Slices	15 Turkey Club Sandwich Marinated Veggie Salad Apple Slices	16 Yankee Pot Roast with Carrots and Potatoes Cantaloupe	17 Stuffed Pepper Soup with Turkey Sausage Mixed Berries	18 French Toast Breakfast Sandwich with Eggs and Cheese Strawberry Banana Smoothie
21 Cream of Potato Soup Cheese and Wheat Crackers Cantaloupe	22 Taco Salad Fruit Salsa with Cinnamon Chips	23 Turkey Broccoli Casserole with Rice Apple Slices	24 Open Face Pork Philly Melt Orange Slices	25 Peanut Butter and Berry Banana Tortilla Wrap Tossed Salad
28 BBQ Beef Pizza Cucumber Slices Blueberries	29 Strawberry Spinach Chicken Salad Homemade Wheat Crouton's	30 Broccoli Cheese Soup Breadstick Watermelon	31 Pork Chops Wild Rice Squash Baked Apples	

*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.