

MARCH 2017 LUNCH MENU

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

*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.