

MARCH 2018 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 ∞ Bean Burritos on Whole wheat tortillas with Cheese Tossed salad	2 Dirty Rice with Turkey Sausage Sliced Grapes
5 Cheesy Chicken Cauliflower Pasta Orange Slices	6 Open Face Pork Philly Melt Orange Slices	7 French Toast Breakfast Sandwich with Eggs and Cheese Strawberry Banana Smoothie	8 ∞ Chicken Noodle Soup Whole Wheat Bread Seasonal Fruit	9 Zucchini Italian with Ground Turkey Grapefruit
12 Tortilla Soup with Corn Tortilla Strips Cucumber slices	13 Turkey Club Sandwich Marinated Veggie Salad Apple Slices	14 Yankee Pot Roast with Carrots and Potatoes Pepper Slices Wheat rolls	15 ∞ Tuna Casserole with Peas and Cheese Broccoli Spears	16 Californian Chicken Melt Sandwich Tossed Salad with Kale
19 Black Bean Cheese Quesadilla Cucumber Salad Pineapple	20 Taco Salad Fruit Salsa with Cinnamon Chips	21 Turkey Broccoli Casserole with Rice Apple Slices	22 ∞ Cauliflower Crusted Cheese Pizza Bread Sticks Celery Sticks with Ranch	23 Peanut Butter Banana Tortilla Wrap Tossed Salad
26 BBQ Beef Pizza Cucumber Slices Grapefruit	27 Pear Spinach Chicken Salad Homemade Wheat Crouton's	28 Broccoli Cheese Soup Breadstick Watermelon	29 ∞ Local Beef Chili Whole Wheat Bread Carrot Sticks	30 Chicken White Bean Salad Over Greens Bread Sticks Pineapple

*All

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. Meats are lean, grass-fed and/or organic. Grains are whole grain. Served with organic milk.



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