


MAY 2019 BREAKFAST AND LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 WHOLE WHEAT BREAKFAST QUESADILLAS WITH FRESH SALSA SOUTHWEST WHOLE WHEAT SPAGHETTI WITH CHICKEN, TOMATOES AND SNAP PEAS; PEARS	2 WHOLE WHEAT BAGELS WITH CREAM CHEESE AND A TROPICAL SMOOTHIE SLOPPY JOES WITH CHEESE; CHERRY TOMATOES; BERRY FRUIT SALAD	3 PEANUT BUTTER WHOLE GRAIN CEREAL BREAKFAST BITES; RAISINS CHEESY BROCCOLI BAKED POTATOES; APPLE SLICES
6 WW ZUCCHINI MUFFINS; WATERMELON SLICES GRILLED CHEESE ON WHOLE WHEAT BREAD AND TOMATO SOUP; ORANGES	7 SCRAMBLED EGGS ON WHOLE WHEAT ENGLISH MUFFINS WITH CHEESE AND VEGGIES (BROCCOLI, TOMATOES, AND SQUASH) BEAN AND CHEESE BURRITOS; FRESH SALSA; CANTALOUPE AND HONEYDEW SALAD	8 CINNAMON RAISIN SPOTTED PUP CHICKEN SOUP WITH CARROTS AND CELERY WITH HOMEMADE NOODLES; PINEAPPLE	9 APPLE LOW FAT WHOLE WHEAT EMPANADAS BEEFY PUMPKIN WHOLE WHEAT ENCHILADAS; RAISIN BROCCOLI SALAD	10 SEASONAL FRUIT SALAD; WHOLE WHEAT BREAD WITH BUTTER MACARONI SALAD WITH CHEESE AND CHICKEN; BANANA/BLUEBERRY/FRUIT SMOOTHIE; ROASTED ASPARAGUS AND GREEN BEANS
13 WHOLE GRAIN CEREAL; BANANAS ALL BEEF HOT DOGS; SIDE SALAD WITH ITALIAN DRESSING; WATERMELON	14 WHOLE WHEAT BLUEBERRY PANCAKE SQUARES; PUMPKIN PUREE SPINACH SALAD WITH CHICKEN AND APPLES; ITALIAN DRESSING; WHOLE WHEAT DINNER ROLLS	15 WHOLE WHEAT HONEY MORNING ROLLS; HONEYDEW ORZO BROCCOLI CHEDDAR BAKE; ORANGES	16 WW ENGLISH MUFFINS AND JELLY; MIXED FRUIT SALAD BAKED CHICKEN SANDWICHES ON WHOLE WHEAT BUNS; HEALTHY VEGGIE NUGGETS; CANTALOUPE	17 FRENCH TOAST WITH BANANA SLICES BAKE VEGGIE FRITTATA WITH YELLOW SQUASH, BRUSSELS SPROTS, AND BROCCOLI; WHOLE WHEAT TOAST; BERRY SALAD
20 BLUEBERRY MUFFIN BISCUITS; PINEAPPLE CHICKEN AND TURKEY BACON ITALIAN WHOLE WHEAT PASTA SALAD WITH TOMATOES AND ZUCCHINI; GRAPES	21 WHOLE GRAIN WAFFLES AND SYRUP; BANANA/PUMPKIN PUREE HUMMUS AND WHOLE WHEAT CRACKERS; CUCUMBER SPEARS; APPLE SLICES; SACK LUNCH	22 CARROT BREAKFAST BISCUITS; TROPICAL FRUIT SALAD EGG SALAD SANDWICHES ON WHOLE WHEAT BREAD; PEPPER STICKS; WATERMELON SLICES; SACK LUNCH	23 BLUEBERRY BANANA COCONUT OATMEAL CHICKEN AND SPINACH PASTA BAKE; GRAPEFRUIT SLICES	24 <p style="text-align: center;">Closed for In-Service</p>
27 	28 BANANA JELLY HOT DOGS ON WHOLE WHEAT BUNS TEX-MEX CHICKEN CORNBREAD CASSEROLE WITH TOMATOES AND CORN; ORANGES	29 WHOLE GRAIN CINNAMON RAISIN BREAD WITH BUTTER; PEARS BEEF MINI CHEESE BURGER POCKETS; GREEN BEANS; CANTALOUPE	30 YOGURT WITH FROZEN BERRIES; WHOLE WHEAT BREAD VEGGIE CHILI; PINEAPPLE; WHOLE WHEAT ROLLS	31 WW CHICKPEA BROWNIES; GREEN SMOOTHIE MEATLOAF; MASHED POTATOES; CREAMED CORN; BANANAS

All foods are non-GMO if not all organic. Some substitutions may be made for 1 year olds as needed. **All meals and snacks served at First Light are made in facilities that prepare food items containing eggs, milk, peanuts, tree nuts, wheat, soy, and fish. Fruits and Vegetables may change based on availability.

