


NOVEMBER 2015 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mexican Rice with Ground Beef Tossed Salad Honeydew	3 Potato Corn Chowder Wheat Crackers Cheese Slices Orange Slices	4 Shredded Chicken Tacos with Lettuce and Tomato Grapes	5 Teriyaki Pork Brown Rice Stir Fry Vegetables Watermelon	6 Turkey Sausage Chili Garlic Bread Blueberries and Raspberries
9 Southwest Chicken Wraps with Lettuce and Tomato Pluots	10 Cheesy, Turkey Broccoli Rice Casserole Watermelon	11 Lean Beef Fajitas Wheat Tortillas Grapes	12 Turkey and Swiss Sandwiches Lettuce and Tomato Fruit Salad	13 Roasted Asian Pork Loin Wheat Breadstick Steamed Broccoli Oranges
16 Minestrone Soup Garlic Bread Pineapple	17 Chicken Broccoli Pasta Casserole Peaches	18 Ground Beef Enchilada Casserole Spinach Salad Grapefruit	19 Turkey Bacon Club Salad Cheeses Sticks Wheat Rolls Berry Medley	20 Yankee Pot Roast with Carrots and Potatoes Wheat Crackers Mixed on
23 Turkey Sausage Potato Soup with Kale Breadsticks Pears	24 South of the Border Chicken Pasta Watermelon	25 Mongolian Beef with Broccoli Fried Brown Rice Honeydew	26 CLOSED For THANKSGIVING	27 CLOSED For THANKSGIVING
30 Beef Stroganoff over Homemade Wheat Egg Noodles Tossed Kale and Spinach Salad 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.