

NOVEMBER 2016 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Potato Corn Chowder Wheat Crackers Cheese Slices Orange Slices	2 Shredded Chicken Tacos with Lettuce and Tomato Grapes	3 Teriyaki Pork Brown Rice Stir Fry Vegetables Mango	4 Turkey Sausage Chili Garlic Bread Strawberries
7 Southwest Chicken Wraps with Lettuce and Tomato Cantaloupe	8 Cheesy, Turkey Broccoli Rice Casserole Tossed Kale Salad	9 Lean Beef Fajitas Wheat Tortillas Grapes	10 Turkey and Swiss Sandwiches Lettuce and Tomato Fruit Salad	11 Roasted Asian Pork Loin Wheat Breadstick Steamed Broccoli Oranges
14 Minestrone Soup Garlic Bread Pineapple	15 Chicken Broccoli Pasta Casserole Grapes	16 Ground Beef Enchilada Casserole Spinach Salad Grapefruit	17 Turkey Bacon Club Salad Cheeses Sticks Wheat Rolls	18 Yankee Pot Roast with Carrots and Potatoes Wheat Crackers Banana
21 Turkey Sausage Potato Soup with Kale Breadsticks Pineapple	22 Mongolian Beef with Broccoli Fried Brown Rice Seasonal fruit	23 South of the Border Chicken Pasta Grapefruit	24 CLOSED For THANKSGIVING	25 CLOSED For THANKSGIVING
28 Beef Stroganoff over Homemade Wheat Egg Noodles Tossed Kale and Spinach Salad Pineapple	29 Chicken and Cheese Quesadilla Steamed Broccoli Grapes	30 Lean Beef Chili Cornbread Oranges		

*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.