


NOVEMBER 2017 LUNCH MENU

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