

NOVEMBER 2018 BREAKFAST AND LUNCH MENU

Monday	Tuesday	Wednes4day	Thursday	Friday
			1 WHOLE GRAIN WAFFLES TOPPED WITH BERRIES AND SYRUP GRILLED CHEESE AND TOMATO SOUP; SLICED APPLES	2 CHEESY ENGLISH MUFFINS; PINEAPPLE TUNA NOODLE CASSEROLE WITH CRACKERS AND PEAS; BANANA
5 PEANUT BUTTER APPLE BAGELS WHITE BEAN CHICKEN CHILI WITH CORN; WHOLE GRAIN CHIPS; PEARS	6 YOGURT AND FROZEN BERRIES; BREAD HOT DOG WRAPS; BAKED WINTER SQUASH; CANTALOUPE (IF AVAILABLE)	7 WW MUFFINS; FRUIT SMOOTHIES PEANUT BUTTER SANDWICHES; CELERY (ZUCCHINI 1'S); APPLESAUCE	8 WHOLE GRAIN CEREAL; BANANA MAC AND CHEESE BAKE; RAISINS; GREEN BEANS	9 FRENCH TOAST WITH ROASTED PEARS AND SYRUP CHICKEN STIR-FRY WITH RICE AND BROCCOLI; WATERMELON (IF AVAILABLE)
12 ENGLISH MUFFINS WITH HONEY; PINEAPPLE CHEESE QUESADILLAS; TOMATO, PEPPER, AND CORN SALSA; PLUMS	13 BROCCOLI EGG FRITTATA; TOAST PIZZA BAGELS (CHEESE); CARROTS (1'S COOKED); GRAPES	14 OATMEAL WITH BAKED APPLES BEEF WHOLE WHEAT SPAGHETTI; SIDE SALAD WITH ITALIAH DRESSING; PINEAPPLE	15 ROASTED WINTER SQUASH MASH WITH RAISINS AND BREAD ENGLISH MUFFIN TUNA MELTS; ZUCCHINI SPEARS; ORANGES	16 BAKED PUFF PANCAKES WITH SYRUP; TROPICAL SMOOTHIES BBQ CHICKN; CORNBREAD; BROCCOLI RAISIN SALAD
19 BLUEBERRY BREAKFAST CAKE; ORANGES TEX MEX BEEFY RICE BAKE WITH BROCCOLI, PEPPERS AND TOMATOES; APPLE SLICES	20 AVOCADO ON ENGLISH MUFFINS WITH CHEESE SAUCE BEAN AND CHEESE BURRITOS WITH SOUR CREAM; PEARS; CUCUMBER SPEARS	21 PEANUT BUTTER HONEY TORTILLA WRAPS; BAKED PLUMS CHICKEN AND EGG NOODLE CASSEROLE WITH CELERY AND CARROTS; BAKED APPLES (CAN WE SEND MINI CINNAMON ROLLS OR COOKIES?)	22 CLOSED For THANKSGIVING	23 
26 SPOTTED PUP (RICE WITH RAISINS) BEEF AND BEAN STEW WITH CARROTS, TOMATOES AND PEAS; FRUIT SALAD; MASHED PUMPKIN; WW BREAD	27 SCRAMBLED EGGS WITH PEPPERS AND CAULIFLOWER OVER ENGLISH MUFFINS WITH CHEESE SAUCE SAUSAGE AND SCALLOPED POTATOES WITH ZUCCHINI; DINNER ROLLS; PINEAPPLE	28 HASH BROWNS; BREAD AND APPLEBUTTER; MELON SALAD CHILI SWEET POTATO FRIES; CELERY AND CARROT STICKS; APPLESAUCE AND RAISINS	29 WARM HARD BOILED EGGS; ENGLISH MUFFINS WITH JELLY; GREEN SMOOTHIE TATER TOT CASSEROLE WITH GREEN BEANS; ROLLS; PEAR SLICES	30 MILD VEGGIE SHAKSHUKA (ISRAELI ROASTED TOMAOTES AND PEPPERS); BREAD BEAN AND TURKEY BACON SOUP WITH CARROTS AND CELERY; BAKED PEACHES; BREADSTICKS

*All fruits and vegetables are fresh. Any grain will be whole wheat or multi-grain. All milk based products such as cheeses are 2% or low fat. All meats should be lean cut and low sodium. Any dip will be low fat or fat free. 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.