

OCTOBER 2015 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Turkey Cranberry Wrap with Lettuce and Tomato Peaches	2 Egg Salad Sandwiches on Wheat Bread Cucumber Slices Grapes
5 Grilled Tuna Patty on Wheat Roll Pepper Slices Oranges	6 Black Bean and Cheese Quesadilla Steamed Broccoli Grapes	7 Lean Beef Chili Corn Bread Apple Slices	8 Turkey Meatloaf Bread Stick Steamed Corn Honeydew	9 Turkey Bacon BLT Sandwiches Cheese Cubes Berry Medley
12 Lean Beef Stew with Carrots, Celery, Potatoes Garlic Bread Honeydew with Blackberries	13 French Bread Pizzas with Lean Beef Kale and Spinach Salad Mango	14 Turkey Tetrizzini Steamed Carrots Oranges	15 BBQ Pork Sandwiches Coleslaw Grapefruit	16 Chicken and Veggie Soup Wheat Rolls Fruit Salad
19 Broccoli Cheese Soup Wheat Crackers Pluots	20 Sloppy Joes on Wheat Roll Coleslaw Honeydew with Grapes	21 Turkey with Wild Rice Casserole Steamed Green Beans Bananas with Blueberries	22 Beef and Cheese Quesadilla Cucumber and Tomato Salad Grapes	23 Open Face Pork Philly Melt Strawberries and Pineapple
26 Spaghetti with Lean Beef Meat Sauce Garlic Bread Tossed Salad Pears	27 Southwest Chicken Salad Wraps with Lettuce and Tomato Watermelon	28 Deceptively Delicious Tuna Sandwich Honeydew and Blueberries	29 Sweet and Sour Pork Stir Fry Veggies Brown Rice Pineapple	30 Turkey Broccoli Pasta Grapefruit

*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.