

OCTOBER 2016 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Grilled Tuna Patty on Wheat Roll Pepper Slices Oranges	4 Black Bean and Cheese Quesadilla Steamed Broccoli Grapes	5 Lean Beef Chili Corn Bread Apple Slices	6 Turkey Meatloaf Bread Stick Steamed Corn Honeydew	7 Turkey Bacon BLT Sandwiches Cheese Cubes Berry Medley
10 Lean Beef Stew with Carrots, Celery, Potatoes Garlic Bread Honeydew with Blackberries	11 French Bread Pizzas with Lean Beef Kale and Spinach Salad Mango	12 Turkey Tetrazzini Steamed Carrots Oranges	13 BBQ Pork Sandwiches Coleslaw Grapefruit	14 Chicken and Veggie Soup Wheat Rolls Fruit Salad
17 Broccoli Cheese Soup Wheat Crackers Marinated Tomatoes	18 Sloppy Joes on Wheat Roll Coleslaw Honeydew	19 Turkey with Wild Rice Casserole Steamed Green Beans Oranges	20 Beef and Cheese Quesadilla Cucumber and Tomato Salad Grapes	21 Open Face Pork Philly Melt Strawberries and Pineapple
24 Spaghetti with Lean Beef Meat Sauce Garlic Bread Tossed Salad	25 Southwest Chicken Salad Wraps with Lettuce and Tomato Cantaloupe	26 Deceptively Delicious Tuna Sandwich Honeydew and Blueberries	27 Sweet and Sour Pork Stir Fry Veggies Brown Rice Pineapple	28 Turkey Broccoli Pasta Grapefruit
31 Mexican Rice with Ground Beef Tossed Salad Honeydew				

*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.