

OCTOBER 2016 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Black Bean and Cheese Quesadilla Steamed Broccoli Grapes	3 Unstuffed eggroll stir fry Brown Rice Plums	4 Lean Beef Chili Corn Bread Apple Slices	5 Turkey Bacon BLT Sandwiches Cheese Cubes Berry Medley	6 Turkey Meatloaf Bread Stick Steamed Corn Watermelon
9 Lean Beef Stew with Carrots, Celery, Potatoes Garlic Bread Honeydew with Blackberries	10 French Bread Pizzas with Lean Beef Kale and Spinach Salad Pears	11 Turkey Tetrazzini Green Beans Cantaloupe	12 BBQ Pork Sandwiches Coleslaw Pujots	13 Chicken and Veggie Soup Wheat Rolls Fruit Salad
16 Broccoli Cheese Soup Wheat Crackers Marinated Tomatoes	17 Sloppy Joes on Wheat Roll Coleslaw Honeydew	18 Turkey with Wild Rice Casserole Steamed Carrots Seasonal Fruit	19 Beef and Cheese Quesadilla Mexican Corn Salad Grapes	20 Chicken Paprikash Over Noodles Marinated Cucumbers and tomatoes
23 Spaghetti with Lean Beef Meat Sauce Garlic Bread Tossed Salad	24 Southwest Chicken Salad Wraps with Lettuce and Tomato Cantaloupe	25 Grilled Tuna Patty on Wheat Roll Honeydew and Blueberries	26 Sweet and Sour Pork Stir Fry Veggies Brown Rice Pineapple	27 Turkey Broccoli Pasta Cantaloupe
30 Mexican Rice with Ground Beef Tossed Salad Honeydew	31 Loaded Baked Potato Soup Wheat Crackers Cheese Slices Seasonal Fruit			

*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.