

OCTOBER 2018 BREAKFAST AND LUNCH MENU

Monday	Tuesday	Wednes4day	Thursday	Friday
<p>1 RICE BREAKFAST PUDDING WITH RAISINS (SPOTTED PUP)</p> <p>SLOPPY JOES IN BREAD POCKETS, BROCCOLI SPEARS, PINEAPPLE</p>	<p>2 CEREAL, BANANAS</p> <p>EGG SALAD SANDWICHES ON WW BREAD, CUCUMBER SPEARS, ORANGES</p>	<p>3 PEANUT BUTTER BAGELS; APPLESAUCE</p> <p>CHICKEN STIR-FRY WITH CAULIFLOWER; BROWN RICE; PEACHES</p>	<p>4 HASHBROWN VEGGIE QUICHE; WW BREAD</p> <p>VEGGIE BEAN CHILI; SWEET POTATO FRIES; PLUMS</p>	<p>5 FRUITY BERRY AND MELON TOPPED FRENCH TOAST BAKE</p> <p>MASHED PUMPKIN; HAMBURGER GRAVY; HONEYDEW; WW BREAD</p>
<p>8 ENGLISH MUFFINS WITH JELLY; PEARS</p> <p>MACARONI SALAD WITH PEAS, COOKED CARROTS, WHOLE WHEAT PASTA, CHEESE, AND TUNA.</p>	<p>9 HEALTHY CARROT BREAKFAST COOKIE; ORANGES</p> <p>WINTER SQUASH AND BEAN VEGGIE SOUP; DINNER ROLLS; SALAD WITH ITALIAN DRESSING</p>	<p>10 WW BANANA BREAD; FRUIT SMOOTHIES</p> <p>CHEESE PIZZA; CAULIFLOWER; PINEAPPLE</p>	<p>11 VEGGIE FRITTATA WITH WW BREAD</p> <p>QUINOA AND RICE BOWLS WITH TOFU, PEPPERS, PEAS, AND CARROTS; APPLES</p>	<p>12 CREAM CHEESE VEGGIE WRAPS</p> <p>CHICKEN WITH STUFFING; CELERY, AND CARROTS HOT DISH; HONEYDEW</p>
<p>15 CINNAMON RAISIN BREAD; BROWN SUGAR BAKED SQUASH</p> <p>SCALLOPED POTATOES WITH TURKEY BACON AND ZUCCHIN; CANTALOUPE</p>	<p>16 OATMEAL WITH BAKED APPLES</p> <p>GROUND BEEF STROGANOFF OVER WW PASTA WITH GREEN BEANS; WW BREAD; WATERMELON</p>	<p>17 SCRAMBLED EGGS WITH BAGELS; PEARS</p> <p>CHICKEN SALAD SANDWICHES WITH APPLES AND CELERY (1'S ZUCCHINI)</p>	<p>18 CORN BREAD MUFFINS; PLUMS</p> <p>ROAST CAULIFLOWER; MEATLOAF; BREAD; FRUIT SALAD</p>	<p>19 WW BREAD; FUNKY MONKEY SMOOTHIES</p> <p>BEAN AND BARLEY SOUP WITH VEGGIES; WW ROLLS; BAKED APPLES WITH CINNAMON</p>
<p>22 SAVORY BACON AND CHEESE MUFFINS; ORANGES</p> <p>SQUASH ALFREDO PASTA; PINEAPPLE</p>	<p>23 BAKED PUFF PANCAKES; BERRIES AND WATERMELON</p> <p>CREAMY DIJON CHICKEN AND RED PEPPER SANDWICHES; PEARS</p>	<p>24 PEANUT BUTTER HONEY TORTILLA WRAPS</p> <p>BEEF TACOS; LETTUCE AND TOMATOES; APPLES</p>	<p>25 POTATO AND VEGGIE HASH; WW BREAD</p> <p>CREAMY BROCCOLI AND CHEESE SOUP; BREADSTICKS; FRUIT SALAD WITH COCO WHIP</p>	<p>26 LEMON POPPYSEED; PLUMS</p> <p>SPINACH, TOMATO AND CHEESE LASAGNA; SIDE SALAD; CANTALOUPE</p>
<p>29 BLUEBERRY SCONES; HONEYDEW</p> <p>CHICKEN AND NOODLES CREAMY CASSEROLE WITH CELERY AND CARROTS; FRUIT SALAD</p>	<p>30 HARD BOILED EGGS; PEARS; BREAD AND JELLY</p> <p>VEGGIE BEAN PASOLE SOUP; DINNER ROLLS; CANTALOUPE</p>	<p>31 FRUIT SMOOTHIES; WW BREAD</p> <p>CHICKEN SAUSAGE, CHEESE, AND ZUCCHINI ON FOCACCIA BREAD; APPLES</p>		

*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.