


# SEPTEMBER 2019 BREAKFAST AND LUNCH MENU

Monday	Tuesday	Wednes4day	Thursday	Friday
<p>2</p> 	<p>3</p> <p>YOGURT AND BERRIES; WHOLE WHEAT ENGLISH MUFFINS</p> <p>CHICKEN NOODLE SOUP WITH CELERY AND CARROTS; HONEYDEW</p>	<p>4</p> <p>WHOLE GRAIN CEREAL; HONEYDEW</p> <p>TOT'CHOS; SPANISH RICE; BANANAS</p>	<p>5</p> <p>DROP BISCUITS AND JELLY; TROPICAL FRUIT SALAD</p> <p>CHEESY PIZZA MUFFINS; SPINACH SIDE SALAD WITH ITALIAN DRESSING; ORANGES</p>	<p>6</p> <p>WHOLE WHEAT BANANA BREAD; APPLES</p> <p>PEANUT BUTTER HONEY SANDWICHES; BROCCOLI RAISIN SALAD (0-2 CHEESE SANDWICHES)</p>
<p>9</p> <p>WHOLE WHEAT RAISIN BREAD AND BUTTER; ORANGES</p> <p>BEEF AND BEAN TACO SALAD WITH WHOLE GRAIN CHIPS; SEASONAL FRUIT SALAD</p>	<p>10</p> <p>WW CHEESY BREAD; PINEAPPLE</p> <p>BROCCOLI CHEDDAR SOUP; WW ROLLS; ORANGES</p>	<p>11</p> <p>WW MUFFINS; BANANAS</p> <p>ALL BEEF HOT DOG WRAPS; CARROT STICKS; WATERMELON</p>	<p>12</p> <p>WW FRENCH TOAST WITH BERRIES</p> <p>CHICKEN PAD THAI WITH CELERY AND CARROTS; PLUMS</p>	<p>13</p> <p>APPLE "PIE" OATMEAL</p> <p>SPINACH, PEPPERS, MANGO AND FRUIT SALAD; WW BREADSTICKS</p>
<p>16</p> <p>WW SCONES; PINEAPPLE</p> <p>CHILI WITH TOMATOES; WW ROLLS; PUMPKIN APPLE BANANA PUREE</p>	<p>17</p> <p>PEANUT BUTTER BANANA HOT DOGS ON WW BUNS</p> <p>CHEESY SCALLOPED POTATOES WITH BROCCOLI AND GROUND TURKEY; WATERMELON</p>	<p>18</p> <p>WW CHICKPEA BROWNIES; RAISINS</p> <p>BBQ CHICKEN SANDWICHES ON WW BUNS; COLESLAW; HONEYDEW</p>	<p>19</p> <p>GREEN BLUEBERRY SMOOTHIE; BLUEBERRY MUFFINS</p> <p>BEEF AND BEAN TAMALES WITH WW CORNBREAD TOPPING; PEACHES OR AVAILABLE STONE FRUIT</p>	<p>20</p> <p>WHOLE GRAIN WAFFLES; PEARS</p> <p>TOMATO SOUP; GRILLED CHEESE ON WW BREAD; APPLES</p>
<p>23</p> <p>WHOLE WHEAT ENGLISH MUFFINS VEGGIE FRITTATA</p> <p>CABBAGE BURGERS; PINEAPPLE</p>	<p>24</p> <p>WHOLE WHEAT BAGELS WITH HONEY BUTTER; MELON SALAD</p> <p>LENTIL LOAF WITH KETCHUP; BAKED CAULIFLOWER; TROPICAL SMOOTHIE</p>	<p>25</p> <p>VEGGIE BREAKFAST BURRITOS ON WW TORTILLAS</p> <p>CREAM OF POTATO WITH CARROTS AND WHITE BEAN SOUP; PEARS; WW DINNER ROLLS</p>	<p>26</p> <p>WHOLE WHEAT PANCAKE BAKE WITH SYRUP; APPLES</p> <p>CHICKEN AND STUFFING CASSEROLE WITH GREEN BEANS; CANTALOUPE</p>	<p>27</p> <p>WW BREAD WITH JELLY; CHICKEN SAUSAGE LINKS; PEARS</p> <p>EGG SALAD SANDWICHES; SIDE SALAD WITH RANCH; PLUMS</p>
<p>30</p> <p>WHOLE WHEAT SPICE BREAD; ORANGE SMOOTHIE</p> <p>CHICKEN AND MACARONI SALAD WITH PEAS; BANANAS</p>				

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