

SEPTEMBER 2015 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Turkey Cauliflower Pasta Melt Fruit Salad	2 Mongolian Beef with Broccoli Brown Rice Watermelon	3 Cheese Burgers with Lettuce and Tomato on a Wheat Roll Blackberries and Honeydew	4 Chicken, Strawberry and Pear Spinach Salad Homemade Croutons
7 	8 Bean and Cheese Burrito Pepper Slices Pluots	9 Zucchini Italiano with Ground Turkey Garlic Bread Mixed Melon	10 Shredded Chicken Tacos with Lettuce, Tomato and Cheese Watermelon	11 Cobb Salad with Kale Wheat Crackers Berry Medley
14 Dirty Rice with Turkey Sausage, Tomato and Bell Pepper Strawberries and Honeydew	15 Turkey and Swiss Sandwich with Lettuce and Tomato Wheat Roll Cantaloupe	16 Beef Tips Steamed Corn Tossed Salad Grapes	17 Chicken Fajitas with Onion and Bell Peppers Wheat Tortillas Apple Slices	18 Spaghetti with Turkey Sausage Marinara Pears
21 French Toast Casserole Hard Boiled Eggs Mixed Berry Salad with Honeydew	22 Turkey Bacon BLT Salad Cheese Cubes Bread Sticks Pineapple	23 Roasted Pork Loin Mashed Sweet Potatoes Wheat Rolls Strawberries	24 Asian Chicken Salad Lettuce Wraps Brown Rice Mango	25 Tuna Noodle Casserole with Peas Pears
28 Beef Tetrazzini Arugula, Kale, Spinach Salad Pears	29 Chicken Noodle Soup Watermelon	30 Mexican Rice with Lean Hamburger Tossed salad with Kale and Spinach Cantaloupe		

*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.