

SEPTEMBER 2016 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Cheese Burgers with Lettuce and Tomato on a Wheat Roll Blackberries and Honeydew	2 Chicken, Strawberry and Pear Spinach Salad Homemade Croutons
5 	6 Bean and Cheese Burrito Pepper Slices Pluots	7 Zucchini Italiano with Ground Turkey Garlic Bread Mixed Melon	8 Shredded Chicken Tacos with Lettuce, Tomato and Cheese Watermelon	9 Cobb Salad with Kale Wheat Crackers Berry Medley
12 Dirty Rice with Turkey Sausage, Tomato and Bell Pepper Strawberries and Honeydew	13 Turkey and Swiss Sandwich with Lettuce and Tomato Wheat Roll Cantaloupe	14 Beef Tips over noodles Steamed Corn Tossed Salad	15 Chicken Fajitas with Onion and Bell Peppers Wheat Tortillas Apple Slices	16 Spaghetti with Turkey Sausage Marinara Pears
19 French Toast Casserole Hard Boiled Eggs Watermelon & Honeydew	20 Turkey Bacon BLT Salad Cheese Cubes Bread Sticks Pineapple	21 Roasted Pork Loin Mashed Sweet Potatoes Wheat Rolls Strawberries	22 Asian Chicken Salad Lettuce Wraps Brown Rice Mixed Berries	23 Tuna Noodle Casserole with Peas Pears
26 Beef Tetrazzini Arugula, Kale, Spinach Salad Pears	27 Chicken Noodle Soup Watermelon	28 Mexican Rice with Lean Hamburger Tossed salad with Kale and Spinach Cantaloupe	29 Turkey Cranberry Wrap with Lettuce and Tomato Peaches	30 Egg Salad Sandwiches on Wheat Bread Cucumber Slices 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.