

SEPTEMBER 2017 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken, Strawberry and Pear Spinach Salad Homemade Croutons
4 	5 Sunshine Hummus Melts Pepper Slices Pluots	6 Zucchini Italiano with Ground Turkey Garlic Bread Mixed Melon	7 Shredded Chicken Tacos with Lettuce, Tomato and Cheese Watermelon	8 Cobb Salad with Kale Wheat Crackers Berry Medley
11 White Chicken French Bread Pizza with Tomatoes, Mushrooms and Bell Pepper Strawberries and Honeydew	12 Turkey and Swiss Sandwich with Lettuce and Tomato Wheat Roll Cantaloupe	13 Beef Tips Steamed Corn Tossed Salad Grapes	14 Chicken Fajitas with Onion and Bell Peppers Wheat Tortillas Apple Slices	15 Spaghetti with Turkey Sausage Marinara Pears
18 Mexican Rice with Lean Hamburger Tossed salad with Kale and Spinach Cantaloupe	19 Turkey Bacon BLT Salad Cheese Cubes Bread Sticks Pineapple	20 Roasted Pork Loin Mashed Sweet Potatoes Wheat Rolls Strawberries	21 Creamy Avocado & White Bean Wrap with Cabbage and Carrots Mango	22 Asian Chicken Salad Lettuce Wraps Brown Rice Pears
25 Beef Tetrazzini Arugula, Kale, Spinach Salad Pears	26 Chicken Noodle Soup Watermelon	27 French Toast Casserole Hard Boiled Eggs Mixed Berry Salad with Honeydew	28 Mexican Chicken Casserole Tossed Salad Peaches	29 Egg Salad Sandwiches on Wheat Bread Marinated Cucumber Slices Grapes

**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.