




# NOVEMBER 2020 BREAKFAST AND LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> TOASTED ENGLISH MUFFIN WITH JELLY TURKEY SPINACH CRANBERRY WRAPS & ORANGES	<b>3</b> WAFFLES & GRAPES  CHEDDAR CHEESE BROCCOLI SOUP, BREAD STICKS, APPLES	<b>4</b> YOGURT & BLUEBERRIES  TACO SALAD & PINEAPPLE	<b>5</b> APPLESAUCE BREAD  SPICY BLACK BEAN SOUP BISCUITS & CUTIES	<b>6</b> BANANA BREAD, MANGOS  HAM & SWISS SANDWICH W/ LETTUCE & CUCUMBER SLICES AND BANANAS
<b>9</b> BAGELS WITH PEANUT BUTTER & APPLES LEMON RISOTTO WITH BROCCOLI AND PEARS	<b>10</b> FLUFFY PANCAKE BAKE  MACARONI & CHEESE WITH CAULIFLOWER, APPLE SLICES	<b>11</b> QUICHE & BREAD  MEXICAN BEANS AND PASTA, APPLESAUCE SLICES	<b>12</b> CHEESY DROP BISCUITS & BANANAS BUTTERED NOODLES WITH YELLOW SQUASH & GRAPES	<b>13</b> BLUEBERRY MUFFINS & PINEAPPLE PEANUT BUTTER & HONEY WRAP BANANAS
<b>16</b> TOAST WITH PEANUT BUTTER & CUTIES  CHEESE & CRACKERS, TURKEY SLICES, APPLES	<b>17</b> LEMON POPPY SEED BREAD  BROCCOLI TOMATO SALAD BREAD STICKS, PINEAPPLE	<b>18</b> BAGELS WITH CREAM CHEESE & BANANAS  QUINOA TURKEY CHILI, BREAD AND GRAPES	<b>19</b> TROPICAL SMOOTHIES BANANA BREAD  CHEESE PIZZA SNAP PEAS, APPLES	<b>20</b> CHEERIOS & CRAISINS  FIESTA WRAP & PEACHES
<b>23</b> TOASTED ENGLISH MUFFINS WITH HONEY, BANANAS BLACK BEAN & CHEESE QUESADILLA, CORN & GRAPES	<b>24</b> BLUEBERRY SMOOTHIE AND SWEET POTATO BREAD  BACON CHICKEN ALFREDO, CARROT STICKS STEAMED FOR 1-2'S PEARS	<b>25</b> <p style="text-align: center;"><b>CLOSED FOR THANKSGIVING</b></p>	<b>26</b> 	<b>27</b> <p style="text-align: center;"><b>CLOSED FOR THANKSGIVING</b></p>
<b>30</b> RAISIN BREAD & PEARS ITALIAN PASTA SALAD WITH TOMATOES & CUBED CHEESE, CUTIES				

\*Fruits and vegetables are fresh and non- GMO or organic as available. Any grain will be whole wheat or multi-grain. Milk is organic as available. All meats should be lean cut and low sodium. 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.

# NOVEMBER 2020 SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>AM:</b> Cucumber Chips  <b>PM:</b> Fruit and Oats Snack Mix	<b>3</b> <b>AM:</b> Apple Slices  <b>PM:</b> Bread Slice With Jelly	<b>4</b> <b>AM:</b> Bananas Birthday Treat <b>PM:</b> Multigrain Cheerios	<b>5</b> <b>AM:</b> Cheese Quesadilla  <b>PM:</b> Sticks and Stones, 1-2s kix cereal	<b>6</b> <b>AM:</b> Cheese Sticks  <b>PM:</b> Miss Tina's Choice Applesauce Bread or Banana Bread
<b>9</b> <b>AM:</b> Ants on a Log  <b>PM:</b> Apples	<b>10</b> <b>AM:</b> Popcorn Cauliflower  <b>PM:</b> Lemon Poppy Seed Bread	<b>11</b> <b>AM:</b> Tropical Smoothie  <b>PM:</b> Chips and Salsa Bread & Jelly 1-2's	<b>12</b> <b>AM:</b> Frozen Yogurt Berries <b>PM:</b> Snap Peas	<b>13</b> <b>AM:</b> Blueberry Bread  <b>PM:</b> Miss Tina's Choice Lemon poppy seed Bread or cheesy drop biscuits
<b>16</b> <b>AM:</b> Alexia Sweet Potato Fries <b>PM:</b> Provolone Cheese Slices	<b>17</b> <b>AM:</b> Honey Nut Cheerios  <b>PM:</b> Pepper Slices	<b>18</b> <b>AM:</b> Hard Boiled Eggs  <b>PM:</b> Cauliflower & Broccoli	<b>AM:</b> Turkey Slices with Cucumber "Buttons"  <b>PM:</b> Zucchini Muffins	<b>20</b> <b>AM:</b> Cutie Oranges  <b>PM:</b> Miss Tina's Choice Banana Bread or Zucchini Muffins
<b>23</b> <b>AM:</b> Fish on a Pond  <b>PM:</b> Lemon Mint Smoothie With Green Apple	<b>24</b> <b>AM:</b> Nutty Banana Nibblers  <b>PM:</b> Apple Cinnamon Cheerios and Dried Apricots	<b>25</b> <b>Closed for Thanksgiving</b>	<b>26</b> <b>Closed for Thanksgiving</b>	<b>27</b> <b>Closed for Thanksgiving</b>
<b>30</b> <b>AM:</b> Mozzarella Cheese sticks  <b>PM:</b> Bagels with Cream Cheese				

\*Fruits and vegetables are fresh and non- GMO or organic as available. Any grain will be whole wheat or multi-grain. Milk is organic as available. All meats should be lean cut and low sodium. 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.