

APRIL 2015 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Lemon Poppy Seed Muffins Apple Slices	2 English Muffin with Cream Cheese Orange Slices	3 Fruit and Granola Parfaits
6 Chex Cereal Sliced Grapes	7 Good Morning Banana Oatmeal	8 Pumpkin Muffins Apple Salad	9 Peanut Butter Tortilla Wraps Honeydew	10 Cinnamon Wheat Coffee Bread Seasonal Fruit
13 Crackling Oat Bran Grapefruit	14 Waffles Watermelon	15 Raisin Bread Fruit Salad	16 Pancake Fruit Pizzas with Apple Butter	17 Morning Glory Muffins Honeydew
20 Blueberry Muffin Fruit Sorbet	21 Eggs in a Hole Watermelon	22 Cinnamon Apple Granola Parfaits	23 Good Morning Gorp (Dried Fruit and Grain Trail Mix)	24 Bagels with Peanut Butter Cantaloupe
27 Breakfast Cookies	28 Pumpkin Pancakes Tropical Smoothie	29 Zucchini Bread Honeydew	30 Oatmeal Squares Orange Slices	

*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.