

# APRIL 2016 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Fruit and Granola Parfaits
4 Chex Cereal Sliced Grapes	5 Baked Oatmeal with Craisins and Raisins Pineapple	6 Pumpkin Muffins Fruit Sorbet	7 Pancake Fruit Pizzas with Apple Butter	8 Cinnamon Wheat Coffee Bread Seasonal Fruit
11 Crackling Oat Bran Grapefruit	12 French Toast Sticks Watermelon	13 Raisin Bread Honeydew	14 Wild Berry Scones Mango Slices	15 Morning Glory Muffins Apple Salad
18 Breakfast Cookies (Oatmeal with dried fruit)	19 Apple Cinnamon Pancakes Tropical Smoothie	20 Zucchini Bread Honeydew	21 Oatmeal Squares Clementine Oranges	22 Bagels with Peanut Butter Cantaloupe
25 Blueberry Muffin Watermelon	26 Eggs in a Hole Fruit Salad	27 Cinnamon Apple Granola Parfaits	28 Good Morning Gorp (Dried Fruit and Grain Trail Mix)	29 Lemon Poppy Seed Muffins Orange Smoothie

\*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.