

APRIL 2017 BREAKFAST MENU

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

*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.