

# APRIL 2018 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chex Cereal Sliced Grapes	3 Baked Oatmeal with Craisins and Raisins	4 Pumpkin Muffins Fruit Sorbet	5 ∞Cheesy Veggie Frittata Applesauce	6 Cinnamon Wheat Coffee Bread Seasonal Fruit
9 Crackling Oat Bran Grapefruit	10 French Toast Sticks Watermelon	11 Raisin Bread Honeydew	12 ∞Breakfast Burritos Bananas	13 Morning Glory Muffins Apple Salad
16 Breakfast Cookies (Oatmeal with dried fruit)	17 Apple Cinnamon Pancakes Tropical Smoothie	18 Banana Muffins Orange Smoothie	19 ∞Whole Grain Banana Bread Watermelon	20 Zucchini Bread Honeydew
23 Blueberry Muffin Watermelon	24 Eggs in a Hole Fruit Salad	25 Pancake Fruit Pizzas with Apple Butter	26 ∞Cinnamon Raisin Bread Oranges	27 Bagels with Peanut Butter Cantaloupe
30 English Muffin with Cream Cheese Grapefruit				

\*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.

∞ All foods are non-GMO and mostly if not all organic. Grains are whole grain. Served with organic milk.