

AUGUST 2015 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cheerios Diced Apples	4 Pumpkin Pancakes Grapes	5 Peanut Butter Wraps Mixed Melon	6 Chex Duo Cereal Bananas	7 Blueberry Muffins Orange Slices
10 Oatmeal Squares Berry Salad (Strawberries, Blueberries, Black Raspberries)	11 Eggs in a Hole Strawberry Banana Smoothie	12 Zucchini Bread Grapefruit	13 Cranberry-Orange Breakfast Cookies Honeydew with Grapes	14 Lemon Blueberry Bread Pears
17 Raisin Bran Peaches	18 Waffles Cantaloupe	19 Blueberry Coffee Bread Grapes	20 Fruit and Granola Parfaits	21 Wheat English Muffins with Cream Cheese Pluots (Plum/Apricot Hybrid)
24 Good Morning Gorp (Cereal and Dried Fruit Mix)	25 Apple Cinnamon Pancakes Watermelon	26 Morning Glory Muffins Pluots (Plum/Apricot Hybrid)	27 Steal Cut Oats Bananas	28 Cheerios Grapes
31 Granola Fruit Salad				

*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.

