

AUGUST 2016 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cheerios Diced Apples	2 Pumpkin Pancakes Grapes	3 Peanut Butter Wraps Mixed Melon	4 Chex Duo Cereal Bananas	5 Blueberry Muffins Orange Slices
8 Oatmeal Squares Grapefruit	9 Eggs in a Hole Strawberry Banana Smoothie	10 Zucchini Bread Berry Salad (Strawberries, Blueberries, Black Raspberries)	11 Breakfast Cookies Honeydew with Grapes	12 Lemon Blueberry Bread Pears
15 Raisin Bran Peaches	16 Waffles Cantaloupe	17 Blueberry Coffee Bread Grapes	18 Fruit and Granola Parfaits	19 Wheat English Muffins with Cream Cheese Pluots (Plum/Apricot Hybrid)
22 Good Morning Gorp (Cereal and Dried Fruit Mix)	23 Apple Cinnamon Pancakes Watermelon	24 Morning Glory Muffins Pluots (Plum/Apricot Hybrid)	25 Steal Cut Oats Bananas	26 Cheerios Grapes
29 Granola Fruit Salad	30 French Toast Sticks Fruit Smoothie	31 Morning Glory Muffins Peaches		

*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.