

AUGUST 2017 BREAKFAST MENU

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

*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.