

# DECEMBER 2015 BREAKFAST MENU

| Monday  | Tuesday                                      | Wednesday   | Thursday                                    | Friday  |
|---|--|---|---|---|
|   | 1<br>French Toast Sticks<br>Fruit Smoothie   | 2<br>Yogurt Granola Parfait<br>Cinnamon Apples        | 3<br>Lemon Poppy Seed<br>Bread<br>Honeydew  | 4<br>English Muffins with<br>Peanut Butter<br>Pineapple                         |
| 7<br>Bagels with Cream<br>Cheese<br>Grapefruit                | 8<br>Toasted Coconut Rice<br>Cereal<br>Pears | 9<br>Cinnamon Apple Bread<br>Grapes                   | 10<br>Blueberry Muffins<br>Pineapple        | 11<br>Cracklin' Oat Bran<br>Mixed Melons  |
| 14<br>Good Morning<br>Gorp<br>(Cereal and Dried Fruit<br>Mix) | 15<br>Breakfast Casserole<br>Bananas         | 16<br>Banana Chocolate Chip<br>Bread<br>Orange Slices | 17<br>Morning Glory Muffins<br>Diced Apples | 18<br>Pancake Fruit Pizzas<br>with Whipped Cream<br>Cheese<br>Strawberries/Kiwi |
| 21<br>Granola<br>Fruit Salad                                  | 22<br>Baked Oatmeal<br>Peach, Raisin Compote | 23<br>Zucchini Bread<br>Grapefruit                    | 24<br><i>Closed<br/>for<br/>Christmas</i>   | 25<br><i>Closed<br/>for<br/>Christmas</i>                                       |
| 28<br>Raspberry Muffins<br>Pineapple                          | 29<br>Blueberry Pancakes<br>Mango            | 30<br>Chex and Oatmeal<br>Squares<br>Dried Fruits     | 31<br>Breakfast Cookies<br>Diced Apples     | 1<br><b>Closed</b><br><b>HAPPY<br/>NEW YEAR</b>                                 |

\*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.