

# DECEMBER 2016 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Lemon Poppy Seed Bread Honeydew	2 English Muffins with Peanut Butter Pineapple
5 Bagels with Cream Cheese Grapefruit	6 French Toast Sticks Strawberry Banana Smoothie	7 Cinnamon Apple Bread Grapes	8 Blueberry Muffins Pineapple	9 Cracklin' Oat Bran Mixed Melons
12 Good Morning Gorp (Cereal and Dried Fruit Mix)	13 Breakfast Casserole Bananas	14 Banana Chocolate Chip Bread Orange Slices	15 Morning Glory Muffins Diced Apples	16 Bagels w/cream cheese Grapes
19 Granola Fruit Salad	20 Baked Oatmeal Peach, Raisin Compote	21 Zucchini Bread Grapefruit	22 Raspberry Muffins Pineapple	23 <i>Closed for Christmas</i>
26 <i>Closed for Christmas</i>	27 Blueberry Pancakes Mango	28 Chex and Oatmeal Squares Dried Fruits	29 Breakfast Cookies	30 Pumpkin Bread Diced Apples

\*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.