

DECEMBER 2017 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 English Muffins with Peanut Butter Pineapple
4 Bagels with Cream Cheese Grapefruit	5 French Toast Sticks Strawberry Banana Smoothie	6 Cinnamon Apple Muffins Grapes	7 Blueberry Muffins Pineapple	8 Life Cereal Apple Slices
11 Good Morning Gorp (Cereal and Dried Fruit Mix)	12 Breakfast Casserole Bananas	13 Morning Glory Muffins Diced Apples	14 Banana Chocolate Chip Muffins Orange Slices	15 Pina Colada Bread Grapes
18 Almond Honey Bunches of Oats Fruit Salad	19 Blueberry Pancakes Mango	20 Zucchini Bread Grapefruit	21 Raspberry Muffins Pineapple	22 Rice Chex Cereal Dried Fruits
25 <i>Closed for Christmas</i>	26 <i>Closed for Christmas</i>	27 Baked Oatmeal Peach, Raisin Compote	28 Breakfast Cookies	29 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.