

FEBRUARY 2016 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Blueberry Lemon Muffin Apple Slices	2 Apple Cinnamon Pancakes Bananas	3 Raisin Bread Sliced Grapes	4 Bagel with Almond Butter Orange Slices	5 Zucchini Bread Grapefruit
8 Wild Berry Scones Mango Slices	9 Eggs in a Hole Berry Smoothie	10 English Muffin Country Cottage Cheese	11 Oatmeal Squares Grapes	12 Pumpkin Bread Grapefruit
15 Peanut Butter Tortillas Apple Slices	16 Toasted Coconut Rice Cereal Apricots	17 Banana Muffin Blueberries	18 Crackling Oat Bran Mandarin Orange Slices	19 Breakfast Cookie with Raisins and Craisins
22 Granola Seasonal Fruit	23 Whole Wheat Waffles Bananas	24 Pumpkin Muffin Autumn Apple Salad	25 Apple Bread Cantaloupe	26 Cinnamon Wheat Coffee Cake Honeydew
29 Bagels with Cream Cheese Grapefruit				

*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.

