

FEBRUARY 2017 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Raisin Bread Sliced Grapes	2 Bagel with Peanut Butter Orange Slices	3 Zucchini Bread Grapefruit
6 Wild Berry Scones Mango Slices	7 Eggs in a Hole Berry Smoothie	8 English Muffin Country Cottage Cheese	9 Oatmeal Squares Grapes	10 Pumpkin Bread Grapefruit
13 Peanut Butter Tortillas Apple Slices	14 Toasted Coconut Rice Cereal Apricots	15 Banana Muffin Blueberry- banana Smoothie	16 Crackling Oat Bran Mandarin Orange Slices	17 Breakfast Cookie with Raisins and Craisins
20 Granola Seasonal Fruit	21 Whole Wheat Waffles Bananas	22 Pumpkin Muffin Autumn Apple Salad	23 Apple Bread Orange Slices	24 Cinnamon Wheat Coffee Cake Tropical Smoothie
27 Bagels with Cream Cheese Grapefruit	28 Breakfast Casserole Orange Smoothie			

*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.

