

# FEBRUARY 2018 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Raspberry Muffin Orange Slices	2 Zucchini Bread Grapes
5 Wild Berry Scones Mango Slices	6 Eggs in a Hole Baked Apples	7 English Muffin Country Cottage Cheese	8 Life Cereal Grapes	9 Pumpkin Bread Bananas
12 Peanut Butter Tortillas Apple Slices	13 Toasted Coconut Rice Cereal Apricots	14 Banana Muffin Mango Slices	15 Frosted Mini Wheats Mandarin Orange Slices	16 Breakfast Cookie with Raisins and Craisins
19 Honey Bunches of Oats Seasonal Fruit	20 Whole Wheat Waffles Bananas	21 Pumpkin Muffin Autumn Apple Salad	22 Apple Bread Orange Slices	23 Cinnamon Wheat Coffee Cake Pineapple
26 Bagels with Cream Cheese Grapefruit	27 Breakfast Casserole Clementine's	28 Pina Colada Muffins Apple Slices		

\*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.

