

JULY 2015 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Good Morning Gorp (Cereal and Dried Fruit Mix)	2 Cinnamon Coffee Bread Green Grapes	3 Peanut Butter Wraps Cantaloupe
6 Crackalin' Oat Bran Honeydew	7 Blueberry Pancakes Fruit Smoothie	8 Pumpkin Muffins Apple Slices	9 Granola Yogurt Fruit Parfaits	10 Parade Day Breakfast Cookies
13 English Muffin with Apple Butter Mixed Melons	14 Toasted Coconut Rice Cereal Dried Apricots	15 Lemon Poppy Seed Muffins Strawberries	16 Granola Watermelon	17 Banana Bread Grapes
20 Oatmeal Squares Cantaloupe	21 French Toast Sticks Bananas	22 Rice Krispies Cereal Honeydew and Blueberries	23 Cinnamon Raisin Bread Fruit Salad (Grapes, Apple etc.)	24 Morning Glory Muffin Grapes
27 Cheerios Watermelon	28 Breakfast Burrito Apple Slices	29 Cranberry Bread Grapes	30 Fruit Pizza on Pancakes with Peanut Butter and Strawberries	31 Bagels with Cream Cheese Cantaloupe

*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.