

JULY 2016 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Peanut Butter Wraps Cantaloupe
4 Closed for Independence Day	5 Blueberry Pancakes Fruit Smoothie	6 Pumpkin Muffins Apple Slices	7 Granola Yogurt Fruit Parfaits	8 Banana Bread Grapes
11 English Muffin with Apple Butter Mixed Melons	12 Toasted Coconut Rice Cereal Dried Apricots	13 Lemon Poppy Seed Muffins Strawberries	14 Granola Watermelon	15 Parade Day Breakfast Cookies
18 Oatmeal Squares Cantaloupe	19 French Toast Sticks Bananas	20 Rice Krispies Cereal Honeydew and Blueberries	21 Cinnamon Raisin Bread Fruit Salad (Grapes, Apple etc.)	22 Morning Glory Muffin Grapes
25 Cheerios Watermelon	26 Breakfast Burrito Apple Slices	27 Cranberry Bread Grapes	28 Fruit Pizza on Pancakes with Peanut Butter and Strawberries	29 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.