

JULY 2017 BREAKFAST MENU

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

*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.