

JUNE 2015 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Good Morning Gorp	2 Blueberry Pancakes Fruit Smoothie	3 Cinnamon Craisin Coffee Bread Mango	4 Peanut Butter Wraps Grapefruit	5 Crackalin' Oat Bran Honeydew
8 Chex Cereal Grapes	9 Turkey Bacon Egg Scramble Apple Slices	10 Pumpkin Muffins Apple Slices	11 Granola Cantaloupe	12 Breakfast Cookies
15 English Muffin with Peanut Butter Strawberries	16 Toasted Coconut Rice Cereal Mixed Melon	17 Lemon Poppy Seed Muffins Mango	18 Fruit and Granola Parfait	19 Banana Bread Grapes
22 Oatmeal Squares Bananas	23 French Toast Sticks Honeydew	24 Rice Krispies Cereal Melon and Berries	25 Cinnamon Raisin Bread Fruit Salad (Grapes, Apple etc.)	26 Carrot Apple Muffin Strawberries
29 Cheerios Watermelon	30 Breakfast Burrito 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.