

# JUNE 2017 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Bagels with Peanut Butter  Grapefruit	2 Crackalin' Oat Bran  Honeydew
5 Chex Cereal  Mango	6 Turkey Bacon Breakfast Caserole  Apple Slices	7 Cinnamon Craisin Coffee Bread  Grapes	8 Fruit and Granola Parfait	9 Breakfast Cookies (Oats with dried fruit)
12 English Muffin with Peanut Butter  Grapes	13 French Toast Sticks  Watermelon	14 Lemon Poppy Seed Muffins  Honeydew	15 Cinnamon Raisin Bread  Fruit Salad	16 Banana Bread  Strawberries
19 Oatmeal Squares  Bananas	20 Breakfast Burrito  Apple Slices	21 Rice Krispies Cereal  Melon and Berries	22 Cinnamon Craisin Coffee Bread Fruit Salad	23 Carrot Apple Muffin  Strawberries
26 Cheerios  Mango	27 Blueberry Pancakes  Mixed Melon	28 Good Morning Gorp (Dried Fruit and Grain Trail Mix)	29 Bagel Fruit Pizzas with whipped Cream Cheese	30 Peanut Butter Wraps 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.