

JUNE 2018 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Zucchini Bread Strawberries
4 Chex Cereal Mango	5 Turkey Bacon Breakfast Caserole Watermelon	6 Cinnamon Craisin Coffee Bread Grapes	7 ∞English Muffins with Peanut Butter and Jelly Oranges	8 Bagel Fruit Pizzas with whipped Cream Cheese
11 Breakfast Cookies (Oats with dried fruit)	12 Breakfast Burrito Apple Slices	13 Carrot Apple Muffins Honeydew	14 ∞Veggie Frittata Whole Wheat Bread	15 Good Morning Gorp (Dried Fruit and Grain Trail Mix)
18 ∞Whole Wheat Muffins and Bananas	19 ∞Hash Brown Veggie Quiche Pears	20 ∞Whole wheat Oven Puff Pancake with Syrup and Grapes	21 ∞Potato Hash with Chicken Sausage and Veggies Apples	22 ∞Whole Wheat Banana Bread Cantaloupe
25 ∞Oatmeal with Raisins and Apples	26 ∞Whole Wheat Bread and Jelly Eggs	27 ∞Cornmeal Mash with Syrup Oranges	28 ∞Yogurt and Frozen Fruit Whole Wheat Bread and Butter	29 ∞Smoothie Bowls with low sugar Oat Crumble

*All fruits and vegetables are fresh. Any grain will be whole wheat or multi-grain. All milk based products such as cheeses are 2% or low fat. All meats should be lean cut and low sodium. Any dip will be low fat or fat free. ∞All foods are non-GMO if not all organic. Some substitutions may be made for 1 year olds as needed.**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.