

JANUARY 2016 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 CLOSED HAPPY NEW YEAR!
4 Raisin Bran Pears	5 Banana Blueberry Oatmeal	6 Raspberry Muffin Autumn Apple Salad	7 Banana Bread Sliced Grapes	8 English Muffin with Peanut Butter Mixed Fruit
11 Granola Apple Slices	12 Breakfast Burrito Pineapple	13 Morning Glory Muffins Orange Slices	14 Peanut Butter Tortilla Wraps Strawberries	15 Breakfast Cookie with Raisins and Crasins
18 Chex Duo Cereal Sliced Grapes	19 Blueberry Pancakes Strawberry Smoothie	20 Apple Cinnamon Yogurt Parfaits w/ Granola	21 Bagel Fruit Pizza	22 Blueberry Muffin Sorbet
25 Cracking Oat Bran Mixed Berries	26 Whole Wheat Waffles Clementine Oranges	27 Cinnamon Whole Wheat Coffee Cake Honeydew	28 Pumpkin Muffins Fruit Sorbet	29 Crasin Bread Blueberries

*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.

