

JANUARY 2017 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Raisin Bran Grapefruit	3 Banana Blueberry Oatmeal	4 Raspberry Muffin Autumn Apple Salad	5 Banana Bread Sliced Grapes	6 English Muffin with Peanut Butter Mixed Fruit
9 Granola Apple Slices	10 Breakfast Burrito Pineapple	11 Morning Glory Muffins Orange Slices	12 Peanut Butter Tortilla Wraps Bananas	13 Breakfast Cookie with Raisins and Crasins
16 Chex Duo Cereal Mango	17 Blueberry Pancakes Strawberry Smoothie	18 Apple Cinnamon Yogurt Parfaits w/ Granola	19 Bagel w/ cream cheese Banana Tropical Smoothie	20 Blueberry Muffin Pineapple
23 Cracking Oat Bran Grapefruit	24 Whole Wheat Waffles Oranges	25 Cinnamon Whole Wheat Coffee Cake Mango	26 Pumpkin Muffins Fruit Smoothie	27 Crasin Bread Bananas
30 Rice Krispies Apple Slices	31 Apple Cinnamon Pancakes Bananas			

*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.

