

JANUARY 2018 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed New Year's Day	2 Banana Blueberry Oatmeal	3 Raspberry Muffin Autumn Apple Salad	4 Banana Bread Sliced Grapes	5 English Muffin with Peanut Butter Mixed Fruit
8 Life Cereal Apple Slices	9 Breakfast Burrito Pineapple	10 Morning Glory Muffins Orange Slices	11 Peanut Butter Tortilla Wraps Bananas	12 Breakfast Cookie with Raisins and Crasins
15 Chex Duo Cereal Mango	16 Blueberry Pancakes Strawberry Smoothie	17 Apple Cinnamon Yogurt Parfaits w/ Granola	18 Chef's Choice	19 Blueberry Muffin Pineapple
22 Berry Kix Grapefruit	23 Whole Wheat Waffles Oranges	24 Cinnamon Whole Wheat Coffee Cake Mango	25 Pumpkin Muffins Fruit Smoothie	26 Crasin Bread Bananas
29 Rice Krispies Apple Slices	30 Apple Cinnamon Pancakes Bananas	31 Bagel Fruit Pizza		

*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.

