


MARCH 2015 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Raisin Bran Mixed Seasonal Fruit	3 Breakfast Casserole Cantaloupe	4 Lemon Poppy Seed Muffins Apple Slices	5 English Muffin with Apple Butter Orange Slices	6 Fruit and Granola Parfaits
9 Chex Cereal Sliced Grapes	10 Good Morning Banana Oatmeal	11 Pumpkin Muffins Apple Salad	12 Peanut Butter Tortilla Wraps Honeydew	13 Cinnamon Wheat Coffee Bread Mixed Berries
16 Crackling Oat Bran Green Grapes	17 Breakfast Burritos Watermelon	18 Apple Cinnamon Yogurt and Granola Parfaits	19 Pancake Fruit Pizzas with Peanut Butter	20 Morning Glory Muffins Honeydew
23 Blueberry Muffin Fruit Sorbet	24 Bagels with Cream Cheese Cantaloupe	25 Good Morning Gorp	26 Waffles Tropical Smoothie	27 Zucchini Bread Watermelon
30 Granola Gala Apple Slices	31 Pumpkin Pancakes Blueberry Smoothie			

**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.