

MAY 2015 BREAKFAST MENU

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| | | | | 1 Lemon Poppy Seed Muffins Strawberries |
| 4 Chex Cereal Cantaloupe | 5 Toasted Coconut Rice Cereal Watermelon | 6 Pumpkin Muffins Apples | 7 Peanut Butter Tortilla Wraps Strawberries | 8 Cinnamon Wheat Coffee Cake Grapefruit |
| 11 Crackling Oat Bran Apples | 12 Waffles Cantaloupe | 13 Raisin Bread Fruit Salad | 14 Fruit and Granola Parfait | 15 Morning Glory Muffins Watermelon |
| 18 Breakfast Cookies | 19 Eggs in a Hole Honeydew | 20 Cinnamon Apple Granola Parfaits | 21 Fruit Pizzas with Peanut Butter | 22 Bagels with Apple Butter Mixed Berries |
| 25 CLOSED FOR MEMORIAL DAY | 26 Apple Cinnamon Pancakes Strawberry Banana Smoothie | 27 Good Morning Gorp (Dried Fruit and Grain Trail Mix) | 28 Cinnamon Apple Yogurt Granola Parfait | 29 English Muffin with Cream Cheese Grapefruit |

*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.