

MAY 2017 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 English Muffin with Cream Cheese Grapefruit	2 Blueberry Pancakes Strawberry Smoothie	3 Raspberry Muffin Mixed Fruit	4 Banana Bread Mangoes	5 Peanut Butter Tortilla Wraps Honeydew
8 Chex Duo Cereal Cantaloupe	9 Toasted Coconut Rice Cereal Orange Smoothie	10 Pumpkin Muffins Apples	11 Good Morning Gorp (Dried Fruit and Grain Trail Mix)	12 Cinnamon Wheat Coffee Cake Watermelon
15 Cheerios Apples	16 Waffles Pineapple	17 Bagels with Apple Butter Pears	18 Fruit and Granola Parfait	19 Morning Glory Muffins Red Grapes
22 Breakfast Cookies (Oats with Dried Fruit)	23 Breakfast Casserole Honeydew	24 Carrot Apple Muffins Diced Apples	25 Pancake Fruit Pizzas with whipped Cream Cheese	26 Cranberry Bread Fruit Salad
29 CLOSED FOR MEMORIAL DAY	30 Apple Cinnamon Pancakes Strawberry Banana Smoothie	31 Pumpkin Muffins Apple Slices		

*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.