

# MAY 2018 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Blueberry Pancakes Strawberry Smoothie	2 Raspberry Muffin Mixed Fruit	3 ∞Yogurt with Frozen Blueberries and Strawberries Whole Wheat Bread	4 Banana Bread Mangoes
7 Chex Duo Cereal Cantaloupe	8 Toasted Coconut Rice Cereal Orange Smoothie	9 Pumpkin Muffins Apples	10 ∞Fruity Breakfast Burritos on Whole Wheat Tortillas Eggs	11 Cinnamon Wheat Coffee Cake Watermelon
14 Cheerios Apples	15 Waffles Pineapple	16 Bagels with Apple Butter Pears	17 ∞Hash Brown and Egg Cups Bananas	18 Morning Glory Muffins Red Grapes
21 Breakfast Cookies (Oats with Dried Fruit)	22 Breakfast Casserole Honeydew	23 Carrot Apple Muffins Diced Apples	24 ∞Bagels with Peanut Butter Oranges	25 Cranberry Bread Fruit Salad
28 <b>CLOSED FOR MEMORIAL DAY</b>	29 Apple Cinnamon Pancakes Strawberry Banana Smoothie	30 Zucchini Muffins Honeydew	31 ∞Whole Wheat Banana Bread Pear 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. ∞ All foods are non-GMO and mostly if not all organic. Grains are whole grain. Served with organic milk