

# MARCH 2016 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Breakfast Casserole  Cantaloupe	2 Lemon Poppy Seed Muffins  Apple Slices	3 English Muffin with Apple Butter  Orange Slices	4 Cinnamon Apple and Granola Parfaits
7 Chex Cereal  Mango	8 Good Morning Banana Oatmeal	9 Pumpkin Muffins  Apple Salad	10 Peanut Butter Tortilla Wraps  Honeydew	11 Cinnamon Wheat Coffee Bread  Pineapple
14 Crackling Oat Bran  Grapes	15 Breakfast Burritos  Tropical Smoothie	16 Apple Cinnamon Yogurt and Granola Parfaits	17 Pancake Fruit Pizzas with Peanut Butter	18 Morning Glory Muffins  Honeydew
21 Blueberry Muffin  Watermelon	22 Eggs in a Hole  Blueberry Smoothie	23 Good Morning Gorp (Cereal and dry fruit mix)	24 Bagels with Cream Cheese  Cantaloupe	25 Zucchini Bread  Bananas
28 Granola  Gala Apple Slices	29 Pumpkin Pancakes  Fruit Sorbet	30 Raisin Bran  Mixed Seasonal Fruit	31 Wild Berry Scones  Mango 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.

