

MARCH 2017 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Lemon Poppy Seed Muffins Apple Slices	2 English Muffin with Apple Butter Orange Slices	3 Cinnamon Apple and Granola Parfaits
6 Chex Cereal Mango	7 Good Morning Banana Oatmeal	8 Pumpkin Muffins Apple Salad	9 Peanut Butter Tortilla Wraps Strawberry Smoothie	10 Cinnamon Wheat Coffee Bread Pineapple
13 Crackling Oat Bran Grapes	14 Breakfast Burritos Tropical Smoothie	15 Banana Blueberry Steel cut oats	16 Banana Bread Grapefruit	17 Morning Glory Muffins Pineapple
20 Blueberry Muffin Orange Slices	21 Bagels with Cream Cheese Grapefruit	22 Good Morning Gorp (Cereal and dry fruit mix)	23 Eggs in a Hole Blueberry Smoothie	24 Zucchini Bread Bananas
27 Granola Gala Apple Slices	28 Pumpkin Pancakes Fruit Sorbet	29 Raisin Bran Mixed Seasonal Fruit	30 Wild Berry Scones Mango Slices	31 Peaches and cream Granola Parfaits

*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.