

MARCH 2018 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 ∞ Whole Grain bread with peanut butter, local honey Orange Slices	2 Cinnamon Apple and Honey Bunches of Oats Parfaits
5 Chex Cereal Mango	6 Good Morning Banana Oatmeal	7 Pumpkin Muffins Apple Salad	8 ∞ Whole Wheat Pumpkin Muffins with Currants	9 Cinnamon Wheat Coffee Bread Pineapple
12 Life Cereal Grapes	13 Breakfast Burritos Tropical Smoothie	14 Banana Blueberry Steel cut oats	15 ∞ English Muffin Oranges	16 Morning Glory Muffins Pineapple
19 Blueberry Muffin Orange Slices	20 Eggs in a Hole Blueberry Smoothie	21 Good Morning Gorp (Cereal and dry fruit mix)	22 ∞ Blueberry Bread Pudding	23 Zucchini Bread Bananas
26 Kix Cereal Gala Apple Slices	27 Pumpkin Pancakes Fruit Sorbet	28 Raisin Bran Mixed Seasonal Fruit	29 ∞ Organic Whole Wheat Zucchini Muffins Pineapple	30 Peaches and cream Honey Bunches of Oats Almond 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.

∞ All foods are non-GMO and mostly if not all organic. Grains are whole grain. Served with organic milk.