

NOVEMBER 2015 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheerios Pluots	3 Baked Oatmeal with Craisins and Raisins Pineapple	4 Bagels with Peanut Butter Mixed Melon	5 Zucchini Bread Grapefruit	6 Granola, Yogurt Parfaits Strawberry
9 Raisin Bran Apples	10 French Toast Sticks Pears	11 English Muffins with Apple Butter Grapefruit	12 Morning Glory Muffins Strawberries	13 Breakfast Cookies
16 Good Morning Gorp (Cereal and Dried Fruit Mix)	17 Apple Cinnamon Pancakes Watermelon	18 Raspberry Coffee Bread Honeydew	19 Peanut Butter Wraps Oranges	20 Lemon Poppy Seed Muffins Pears
23 Chex Cereal and Oatmeal Squares Grapes	24 Toasted Coconut Rice Cereal Mango	25 Banana Bread Fruit Salad	26 Closed For Thanksgiving	27 Closed For Thanksgiving
30 Granola Mixed Berries				

*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.