

NOVEMBER 2016 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Baked Oatmeal with Craisins and Raisins Pineapple	2 Bagels with Peanut Butter Mixed Melon	3 Zucchini Bread Grapefruit	4 Cinnamon Apple Granola, Yogurt Parfaits
7 Raisin Bran Apples	8 French Toast Sticks Bananas	9 English Muffins with Apple Butter Grapefruit	10 Morning Glory Muffins Orange smoothies	11 Breakfast Cookies
14 Good Morning Gorp (Cereal and Dried Fruit Mix)	15 Apple Cinnamon Pancakes Peach Smoothie	16 Raspberry Coffee Bread Honeydew	17 Peanut Butter Wraps Oranges	18 Lemon Poppy Seed Muffins Strawberry Smoothie
21 Chex Cereal and Oatmeal Squares Grapes	22 Toasted Coconut Rice Cereal Mango	23 Banana Bread Fruit Salad	24 Closed For Thanksgiving	25 Closed For Thanksgiving
28 Granola Grapefruit	29 Eggs in a Hole Fruit Smoothie	30 Zucchini Bread Apples		

*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.