

# NOVEMBER 2017 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Bagels with Peanut Butter Strawberries	2 Zucchini Bread Plums	3 Cinnamon Apple Yogurt Parfaits with Honey Roasted Honey Bunches of Oats
6 Multi-Grain Cheerios Apples	7 French Toast Sticks Bananas	8 English Muffins with Apple Butter Grapefruit	9 Morning Glory Muffins Orange smoothies	10 Breakfast Cookies
13 Good Morning Gorp (Cereal and Dried Fruit Mix)	14 Apple Cinnamon Pancakes Peach Smoothie	15 Raspberry Coffee Bread Honeydew	16 Peanut Butter Wraps Oranges	17 Pina Colada Bread Strawberry Smoothie
20 Corn Chex Cereal Grapes	21 Toasted Coconut Rice Cereal Bananas	22 Banana Bread Apples	23 <b>Closed For Thanksgiving</b>	24 <b>Closed For Thanksgiving</b>
27 Almond Honey Bunches of Oats Grapefruit	28 Breakfast Casserole Fruit Smoothie	29 Pumpkin Muffins Apples	30 Lemon Poppy Seed Bread Kiwis	

\*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.