

OCTOBER 2015 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Bagels with Cream Cheese Pineapple	2 Granola, Yogurt, Blueberry and Strawberry Parfaits
5 Peanut Butter Wraps Cantaloupe	6 Eggs in a Hole Strawberry Banana Smoothies	7 Cheerios Watermelon	8 Raspberry Coffee Bread Fruit Salad	9 Blueberry Muffins Mixed Melon
12 Cracklin' Oat Bran Grapefruit	13 Waffles Pears	14 Rice Krispies Cereal Peaches	15 Banana Bread Pluots	16 Morning Glory Muffins Pineapple
19 Raisin Bran Cantaloupe	20 Pumpkin Pancakes Fruit Smoothies	21 Breakfast Cookies	22 Cinnamon Raisin Bread Mixed Berries	23 English Muffins with Peanut Butter Mango
26 Chex Cereal and Oatmeal Squares Grapes	27 Breakfast Burrito Bananas and Strawberries	28 Carrot Apple Muffins Diced Apples	29 Good Morning Gorp (Cereal and Dried Fruit Mix)	30 Cranberry Bread Grapes

*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.

