


# OCTOBER 2016 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Peanut Butter Wraps Cantaloupe	4 Eggs in a Hole Strawberry Banana Smoothies	5 Cheerios Honeydew	6 Raspberry Coffee Bread Fruit Salad	7 Blueberry Muffins Mixed Melon
10 Cracklin' Oat Bran Grapefruit	11 Waffles Pears	12 Rice Krispies Cereal Peaches	13 Banana Bread Orange Smoothie	14 Morning Glory Muffins Pineapple
17 Raisin Bran Cantaloupe	18 Pumpkin Pancakes Fruit Smoothies	19 Breakfast Cookies	20 Cinnamon Raisin Bread Diced Apples	21 English Muffins with Peanut Butter Mango
24 Chex Cereal and Oatmeal Squares Grapes	25 Breakfast Burrito Bananas and Strawberries	26 Carrot Apple Muffins Orange Slices	27 Good Morning Gorp (Cereal and Dried Fruit Mix)	28 Cranberry Bread Grapes
31 Cheerios Orange slices				

\*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.