


OCTOBER 2017 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Peanut Butter Wraps Cantaloupe	3 Eggs in a Hole Strawberry Banana Smoothies	4 Cheerios Honeydew	5 Raspberry Coffee Bread Fruit Salad	6 Blueberry Muffins Mixed Melon
9 Life Cereal Bananas	10 Waffles Watermelon	11 Rice Krispies Cereal Peaches	12 Banana Bread Orange Smoothie	13 Morning Glory Muffins Pineapple
16 Grape Nuts Flakes Cereal Cantaloupe	17 Pumpkin Pancakes Fruit Smoothies	18 Breakfast Cookies	19 Cinnamon Raisin Bread Diced Apples	20 English Muffins with Peanut Butter Watermelon
23 Rice Chex Cereal Grapes	24 Breakfast Burrito Bananas	25 Carrot Apple Muffins Watermelon	26 Good Morning Gorp (Cereal and Dried Fruit Mix)	27 Cranberry Bread Grapes
30 Berry Kix Cereal Pujots	31 Baked Oatmeal with Craisins and Raisins			

*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.