

SEPTEMBER 2015 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 French Toast Sticks Fruit Smoothie	2 Granola, Yogurt, Strawberry Parfait	3 Lemon Poppy Seed Bread Diced Apples	4 English Muffins with Peanut Butter Peaches
7 	8 Toasted Coconut Rice Cereal Mango	9 Cinnamon Apple Bread Strawberries	10 Bagels with Apple Butter Nectarines	11 Cracklin' Oat Bran Sliced Pears
14 Good Morning Gorp (Cereal and Dried Fruit Mix)	15 Breakfast Casserole Watermelon	16 Banana Chocolate Chip Bread Pineapple	17 Morning Glory Muffins Peaches	18 Pancake Fruit Pizzas with Whipped Cream Cheese, Strawberries and Kiwi
21 Raisin Bran Pluots	22 Baked Oatmeal with Apples and Craisins Orange Slices	23 Zucchini Bread Grapefruit	24 Granola Fruit Salad	25 Breakfast Cookies
28 Chex Cereal and Oatmeal Squares Grapes	29 Blueberry Pancakes Diced Apples	30 Cinnamon Wheat Coffee Bread Peaches		

*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.