

SEPTEMBER 2016 BREAKFAST MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Lemon Poppy Seed Bread Watermelon	2 English Muffins with Peanut Butter Peaches
5 	6 Toasted Coconut Rice Cereal Peaches	7 Cinnamon Apple Bread Strawberries	8 Bagels with Apple Butter Nectarines	9 Cracklin' Oat Bran Sliced Pears
12 Good Morning Gorp (Cereal and Dried Fruit Mix)	13 Breakfast Casserole Watermelon	14 Banana Chocolate Chip Bread Pineapple	15 Granola, Yogurt, cinnamon apple, Parfait	16 Pancake Fruit Pizzas with Whipped Cream Cheese, Strawberries and Kiwi
19 Raisin Bran Pluots	20 Baked Oatmeal with Apples and Craisins	21 Zucchini Bread Grapefruit	22 Granola Fruit Salad	23 Breakfast Cookies
26 Chex Cereal and Oatmeal Squares Grapes	27 Bluebrry Pancakes Diced Apples	28 Cinnamon Wheat Coffee Bread Peaches	29 Bagels with Cream Cheese Pineapple	30 Granola, Yogurt, Blueberry and Strawberry Parfaits

*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.