

# SEPTEMBER 2017 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	1 English Muffins with Peanut Butter Peaches
4 	5 Apple Cinnamon Breakfast Quinoa	6 Morning Glory Muffins Strawberries	7 Bagels with Apple Butter Nectarines	8 Cracklin' Oat Bran Cantaloupe
11 Good Morning Gorp (Cereal and Dried Fruit Mix)	12 Breakfast Casserole Watermelon	13 Banana Chocolate Chip Bread Pineapple	14 Cinnamon Apple Bread Peaches	15 Pancake Fruit Pizzas with Whipped Cream Cheese, Strawberries and Kiwi
18 Raisin Bran Pluots	19 Baked Oatmeal with Apples and Craisins	20 Zucchini Bread Grapefruit	21 Granola Fruit Salad	22 Breakfast Cookies
25 Chex Cereal and Oatmeal Squares Grapes	26 Blueberry Pancakes Diced Apples	27 Cinnamon Wheat Coffee Bread Peaches	28 Bagels with Cream Cheese Pineapple	29 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.