

## Bright Beginnings Childcare July Menu 2021

Monday	Tuesday	Wednesday	Thursday	Friday
			1. Corn Chex, Mandarin Oranges & Milk  <u>Cheeseburger on a WG Bun, Sweet Potato Fries, Baked Beans, &amp; Milk</u>  WG Savory Bites Pizza Cracker & Tomato Juice  <WG Chocolate Bear Grahams and Orange Juice	2. Turkey Bacon, *Blackberries and Milk  <u>Beef Stew w/ Potatoes, Carrots/ Onions, Fruit Cocktail, &amp; Milk</u>  *Cucumbers and Yogurt  <WG Sports Grahams and Cran Raspberry Juice
	6. Golden Grahams, Pears & Milk  <u>Pea Soup w/ Ham, *Strawberries, Oyster Crackers &amp; Milk</u>  Soft Pretzel & *Apples  <WG Fish Crackers and Apple Juice	7. Chocolate Zucchini Bread, *Green Grapes & Milk  <u>Chicken Patty on a WG Bun, Tropical Fruit, Tator Tots, &amp; Milk</u>  String Cheese & WG Cinnamon Grahams  <WG Sports Grahams and Cran Raspberry Juice	8. Scrambled Eggs, Mixed Fruit & Milk  <u>Turkey WG Noodle Casserole w/ California Blend Veggies, Peaches, &amp; Milk</u>  Cottage Cheese & Pears  <WG Chocolate Bear Grahams and Orange Juice	9. WG Cheese Toast, *Honeydew Melon & Milk  <u>Stuffed *Green Pepper Casserole w/ Gr Beef, WG Wild Rice, *Oranges, &amp; Milk</u>  Bananas & WG Bran Muffin  <WG Monster Crunch and Grape Juice (Mix of WG Cereals w/raisins and marshmallows)
12. Sausage Links, *Apples & Milk  <u>Cauliflower Soup w/ Ham, *Pears, WG Bread &amp; Milk</u>  Summer Sausage & Savory Bites Wheat Crackers  <WG Apple Cinnamon Wafer and Grape Juice	13. WG Toast w/ Honey, *Oranges & Milk  <u>WG Pasta Salad w/ Bacon and *Broccoli, Nectarines &amp; Milk</u>  WG Apple Cinnamon Wafer & Milk  <WG Fish Crackers and Apple Juice	14. WG Oatmeal, *Bananas & Milk  <u>Sliced Corn Beef, Peas, *Oranges WG Bread &amp; Milk</u>  *Carrots & *Celery w/ Dip  <WG Sports Grahams and Cran Raspberry Juice	15. Lemon Muffins, *Blackberries & Milk  <u>Porcupine Casserole w/ Gr. Beef &amp; WG Brown Rice, Corn, Cranberries, &amp; Milk</u>  Yogurt & Peaches  <WG Chocolate Bear Graham and Orange Juice	16. French Toast, *Strawberries & Milk  <u>Hot Dog on a WG Bun, Brussel Sprouts, Fruit Cocktail &amp; Milk</u>  WG Strawberry Waffle Grahams & Milk  <WG Monster Crunch and Grape Juice (Mix of WG Cereals w/raisins and marshmallows)
19. WG Cinnamon Toast, Tropical Fruit & Milk  <u>Swedish Meatballs over WG Noodles, Mixed Vegetables, Peaches, &amp; Milk</u>  *Cauliflower & Hummus  <WG Apple Cinnamon Wafer and Grape Juice	20. Hard Boiled Eggs, *Melon Balls & Milk  <u>Polish Sausage, Green Beans, *Raspberries, WG Bread &amp; Milk</u>  WG Cheese Sandwich & Water  <WG Fish Crackers and Apple Juice	21. Cranberry Muffins, Pears & Milk  <u>Turkey and Cheese WG Sandwich, Broccoli, *Cantaloupe &amp; Milk</u>  *Orange Smiles & Rice Cakes  <WG Sports Grahams and Cran Raspberry Juice	22. Wheaties, *Bananas & Milk  <u>Chicken Gumbo w/ Mixed Vegetables, Pineapple, WG Dinner Rolls &amp; Milk</u>  WG Saltines & *Apples  <WG Chocolate Bear Grahams and Orange Juice	23. Waffles, Mixed Fruit & Milk  <u>Canadian Cheese Soup w/Quinoa, California Blend Vegetables, Fruit Cocktail, &amp; Milk</u>  English Muffins w/ Wow Butter & Milk  <WG Monster Crunch and Grape Juice (Mix of WG Cereals w/raisins and marshmallows)
26. English Muffins w/ Jelly, *Oranges & Milk  <u>Southwest Cheesy Chicken WG Pasta w/ Corn &amp; Salsa, *Bananas &amp; Milk</u>  WG Oatmeal Raisin Cookies & Milk  <WG Apple Cinnamon Wafer and Grape Juice	27. Blueberry Bread, *Apples & Milk  <u>Shredded Beef on a WG Bun, *Honeydew Melon, Asparagus, &amp; Milk</u>  WG Maple Burst Crackers and *Oranges  <WG Fish Crackers and Apple Juice	28. WG Honey Toast, *Bananas, & Milk  <u>Cod Filet, Rye Bread, Carrots, Applesauce &amp; Milk</u>  Wheat Crackers & Cheese Chunks  <WG Sports Grahams and Cran Raspberry Juice	29. Cream of Wheat w/ brown sugar * Apples and Milk  <u>WG Grilled Cheese Sandwiches, *Tomato Soup, Peaches, Pickle Spear &amp; Milk</u>  WG Saltines and Salami Slices  <WG Apple Cinnamon Wafer and Grape Juice	30. WG Jelly Toast, *Bananas and Milk  <u>Chicken Pot Pie w/ Mixed Vegetables, Pineapple Chunks, &amp; Milk</u>  Cheese Cubes and *Green Beans  <WG Fish Crackers and Apple Juice

Bright Beginnings serves whole milk for infants and one's. 1% Milk is served for 2 and older. We serve Whole Grain Breads and Noodles. Baked Goods are Homemade w/WG flour. \* indicates Fresh Fruit. < indicates Late day snack. Bright Beginnings has many food items cut into smaller pieces for children under 3 to avoid hazards of choking. Ex. Grapes, Brussel Sprouts, Meats etc. Bright Beginnings offers healthy, kid friendly menu options. Vegetables are fresh/frozen. We serve a variety of Fresh Fruit, Seasonal Fruit and Canned Fruits. All canned fruit is rinsed before serving. Juices are 100% fruit/vegetable juice.