


Bright Beginnings Childcare August Menu 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2. French Toast, Mixed Berries, & Milk</p> <p><u>Tuna WG Noodle Bake w/ Peas, Pears, & Milk</u></p> <p>*Granny Smith Apple Slices w/ Caramel Dip & Milk</p> <p><Maple Burst Wafers and Tomato Juice</p>	<p>3. English Muffins w/ Honey Tropical Fruit & Milk</p> <p><u>Shredded Pork WG Bun, Beets, *Watermelon & Milk</u></p> <p>Colby/Jack Cheese Cubes & Ritz Crackers</p> <p><Ritz Crackers and Apple Juice</p>	<p>4. Banana Bread *Apples & Milk</p> <p><u>Chicken Dumpling Soup w/ Mixed Vegetables, Cranberries, & Milk</u></p> <p>*Bananas & WG Goldfish Crackers</p> <p><Strawberry Wafers and Cranberry Juice</p>	<p>5. *Blueberry Pancakes, Mandarin Oranges & Milk</p> <p><u>Meatloaf, Mashed Potatoes, *Raspberries WG Buttered Bread & Milk</u></p> <p>*Bananas & Savory Bite Wheat Crackers</p> <p><Ranch Crackers and White Grape Juice</p>	<p>6. WG Oatmeal, Mixed Fruit & Milk</p> <p><u>Calico Bean Soup w/ Ham, Peas, WG Buttered Bread & Milk</u></p> <p>WG Bologna Sandwich and Water</p> <p><Teddy Grahams and Apple Raspberry Juice</p>
<p>9. Rice Chex Cereal, Pineapples & Milk</p> <p><u>Pork Taco, *Strawberries, *Lettuce, *Tomatoes & Milk</u></p> <p>WG Whole Wheat Cracker & Milk</p> <p><Maple Burst Wafers and Tomato Juice</p>	<p>10. Orange Muffins, Bananas & Milk,</p> <p><u>Sliced Ham, Cauliflower, *Apples, WG Dinner Roll & Milk</u></p> <p>Cheesy "Bosco" Breadsticks & Water</p> <p><Ritz Crackers and Apple Juice</p>	<p>11. WG Corn Bread w/ syrup, *Red Grapes & Milk</p> <p><u>Salisbury Steak, *Blackberries, Acorn Squash, WG Buttered Bread & Milk</u></p> <p>Tortilla Chips & Avocado Dip</p> <p><Strawberry Wafers and Cranberry Juice</p>	<p>12. Scrambled Eggs *Orange Slices & Milk</p> <p><u>Sliced Chicken Sandwich, Peaches, Green Beans & Milk</u></p> <p>WG Jelly Sandwich & Apples</p> <p><Ranch Crackers and White Grape Juice</p>	<p>13. WG Cheese Toast, *Honeydew & Milk</p> <p><u>Turkey Cacciatore w/Mixed Vegetables, *Bananas, & Milk</u></p> <p>Home-made WG Chex Mix & Milk</p> <p><Teddy Grahams and Apple Raspberry Juice</p>
<p>16. WG Corn Flakes, Peaches & Milk</p> <p><u>Velveta Vegetable Cheese Soup (*Broccoli/Cauliflower/Carrots), *Oranges, Oyster Crackers & Milk</u></p> <p>Cottage Cheese & Pears</p> <p>WG <Maple Burst Wafers and Tomato Juice</p>	<p>17. WG Toast w/ Honey (Jelly), *Blueberries & Milk</p> <p><u>Bologna and Cheese Sandwich, Brussel Sprouts, Tropical Fruit, & Milk</u></p> <p>WG Cheez its & Milk</p> <p><Ritz Crackers and Apple Juice</p>	<p>18. WG Cream of Wheat, *Pears & Milk</p> <p><u>Breaded Chicken Strips, *Coleslaw, *Kiwi/*Strawberry, & Milk</u></p> <p>Soft Pretzels & Fruit Cocktail</p> <p><Strawberry Wafers and Cranberry Juice</p>	<p>19. Carrot Bread, *Cantaloupe, & Milk</p> <p><u>Pizza Burgers on a WG Bun, *Fresh Pea Pods, Fruit Cocktail & Milk</u></p> <p>*Fresh Blueberry Muffins & Milk</p> <p><Ranch Crackers and White Grape Juice</p>	<p>20. Mini Bagels w/ Cream Cheese, *Banana Circles & Milk</p> <p><u>Sausage Potato Bake w/ Cheese, *Peaches, Green Beans & Milk</u></p> <p>WG Wheat Thins & *Orange Smiles</p> <p><Teddy Grahams and Apple Raspberry Juice</p>
<p>23. Toast w/ Jelly Tropical Fruit & Milk</p> <p><u>Salami and Cheese WG Sandwiches, Pears, Baked Asparagus & Milk</u></p> <p>Cinnamon Grahams & Milk</p> <p><Maple Burst Wafers and Tomato Juice</p>	<p>24. Hard Boiled Eggs, *Apples, & Milk</p> <p><u>Beefy Mac n Cheese, *Red Grapes, Carrots & Milk</u></p> <p>Summer Sausage & WG Saltines</p> <p><Ritz Crackers and Apple Juice</p>	<p>25. Silver Dollar Pancakes, *Strawberries & Milk</p> <p><u>Breaded Tilapia, Broccoli, *Oranges, Buttered Bread & Milk</u></p> <p>WG Cheese Sandwich w/ Water</p> <p><Strawberry Wafers and Cranberry Juice</p>	<p>26. Peach Muffins, *Bananas & Milk</p> <p><u>Soy Nut Butter and Jelly WG Sandwich Pineapple, Cauliflower & Milk</u></p> <p>*Blueberries & Yogurt</p> <p><Ranch Crackers and White Grape Juice</p>	<p>27. Waffles with Syrup, *Raspberries & Milk</p> <p><u>Chicken, Bacon, Ranch WG Wrap, *Lettuce, *Tomato *Green Grapes, & Milk</u></p> <p>Pumpkin Bars & Milk</p> <p><Teddy Grahams and Apple Raspberry Juice</p>
<p>29. WG Mini Wheats, Pears & Milk</p> <p><u>Cheesy Brat Bake w/ Obrien Potatoes, Onions and Green Beans, & Milk</u></p> <p>String Cheese & Saltine Crackers</p> <p><Maple Burst Wafers and Tomato Juice</p>	<p>30. Sausage Patties, *Oranges & Milk</p> <p><u>Corn Dogs w/ Ketchup, *Zucchini, *Peaches & Milk</u></p> <p>Monster Crunch & Milk</p> <p>Mix of WG cereal w/ marshmallows & raisins</p> <p><Ritz Crackers and Apple Juice</p>	<p>31. Cinnamon Rolls, *Apples & Milk</p> <p><u>Chicken Noodle Soup w/ Mixed Vegetables, Cranberries, Buttered Bread & Milk</u></p> <p>*Bananas and WG Goldfish Crackers</p> <p><Strawberry Wafers and Cranberry Juice</p>		

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.