

Bright Beginnings Childcare September Menu 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>▪ <i>Bright Beginnings cuts and or cook's food into smaller pieces for 3-year old's and under to avoid any hazards of choking.</i></p> <p>▪ <i>We serve whole milk for infants and ones. 1% Milk is served for 2-year old's and up. All of our bread is Whole Grain (WG), including Buns and Tortillas.</i></p> <p style="text-align: center;">◁Indicates 5:30 Snack</p> <p>* Indicates Fresh Fruit or Vegetable</p>		<p>1. Pumpkin Bread, *Raspberries & Milk</p> <p style="text-align: center;"><u>Lemon Pepper Chicken with Wild Rice, Zucchini, *Honeydew & Milk</u></p> <p>*Green Peppers & Taco Crackers</p> <p style="text-align: center;">◁Ritz Crackers and Juice</p>	<p>2. Waffles w/ Syrup, Peaches & Milk</p> <p style="text-align: center;"><u>White Bean Soup, Mixed Veggies, Pineapple, WG Bread & Milk</u></p> <p>WG Bread Sticks, Marinara Sauce & Milk</p> <p style="text-align: center;">◁ Chocolate Bears and Juice</p>	<p>3. Sausage Links, Pears & Milk</p> <p style="text-align: center;"><u>Fish Sandwich on WG Bun with Tartar Sauce, Carrots, Fruit Cocktail & Milk</u></p> <p style="text-align: center;">WG Ham Sandwich</p> <p style="text-align: center;">◁ Graham Crackers and Juice</p>
	<p>7. Scrambled Eggs, *Apples & Milk</p> <p style="text-align: center;"><u>Sloppy Joes on WG Bun, Peas, Pineapple, & Milk</u></p> <p>Apple Cinnamon Wafers & Milk</p> <p style="text-align: center;">◁ WG Graham Crackers and Juice</p>	<p>8. WG Toast with Jelly, Peaches & Milk</p> <p style="text-align: center;"><u>Egg Salad Sandwich on WG Bread, California Vegetables, Applesauce & Milk</u></p> <p style="text-align: center;">Cheese Cubes & Pretzels</p> <p style="text-align: center;">◁Ritz Crackers and Juice</p>	<p>9. Oat Bran Muffins *Bananas & Milk</p> <p style="text-align: center;"><u>Minestrone Soup with Ham and WG Elbow Noodles, *Nectarines, Peas, Oyster Crackers & Milk</u></p> <p style="text-align: center;">Fish Crackers & *Fresh Green Beans</p> <p style="text-align: center;">◁ Chocolate Bears and Juice</p>	<p>10. Cream of Wheat, *Blackberries & Milk</p> <p style="text-align: center;"><u>Turkey with Spinach Casserole, Brussel Sprouts, Mandarin Oranges, WG Bread & Milk</u></p> <p style="text-align: center;">Cottage Cheese & Peaches</p> <p style="text-align: center;">◁ Graham Crackers and Juice</p>
<p>13. English Muffins with Jelly, *Bananas & Milk</p> <p style="text-align: center;"><u>Wow Butter & Jelly Sandwich on WG Bread, Cauliflower, *Blueberries & Milk</u></p> <p style="text-align: center;">Strawberry Wafers & Yogurt</p> <p style="text-align: center;">◁ Saltine Crackers and Juice</p>	<p>14. Rice Krispies, Fruit Cocktail & Milk</p> <p style="text-align: center;"><u>Gr Beef Tator Tot Casserole with Mixed Vegetables, Melon & Milk</u></p> <p style="text-align: center;">Summer Sausage & Whole Wheat Cracker</p> <p style="text-align: center;">◁ WG Graham Crackers and Juice</p>	<p>15. Banana Bread, *Oranges & Milk</p> <p style="text-align: center;"><u>Chicken Nuggets with Honey Mustard Sauce, Broccoli, Tropical Fruit & Milk</u></p> <p style="text-align: center;">Celery Sticks & Ranch Crackers</p> <p style="text-align: center;">◁Ritz Crackers and Juice</p>	<p>16. WG Cinnamon Toast, *Apples & Milk</p> <p style="text-align: center;"><u>Gr Turkey Stroganoff with WG Noodles, Wax Beans, *Watermelon & Milk</u></p> <p style="text-align: center;">Monster Crunch & Tomato Juice</p> <p style="text-align: center;">◁ Chocolate Bears and Juice</p>	<p>17. French Toast w/syrup, Pears & Milk</p> <p style="text-align: center;"><u>Gr Beef Taco Mac & Cheese with WG Elbow Noodles, Green Beans, *Grapes & Milk</u></p> <p style="text-align: center;">*Snap Peas & Wheat Thins</p> <p style="text-align: center;">◁ Graham Crackers and Juice</p>
<p>20. Oatmeal with Mixed Berries & Milk</p> <p style="text-align: center;"><u>Chili with Ground Beef, *Green Peppers, *Apples, WG Oyster Crackers & Milk</u></p> <p style="text-align: center;">WG Cheese Sandwich</p> <p style="text-align: center;">◁ Saltine Crackers and Juice</p>	<p>21. Scrambled Eggs *Bananas & Milk</p> <p style="text-align: center;"><u>Turkey Tetrizzini with WG Noodles, Carrots, *Grapes & Milk</u></p> <p style="text-align: center;">Rye Bread & *Cantaloupe</p> <p style="text-align: center;">◁ WG Graham Crackers and Juice</p>	<p>22. Spice Muffins, *Pears & Milk</p> <p style="text-align: center;"><u>Ham, Broccoli, Cheese and Rice Soup, Green Beans, Grapefruit, & Milk</u></p> <p style="text-align: center;">*Cherry Tomatoes & Cheese Slices</p> <p style="text-align: center;">◁Ritz Crackers and Juice</p>	<p>23. Kix Cereal, Strawberries & Milk</p> <p style="text-align: center;"><u>Chicken Ala King with WG noodles and Mixed Vegetables, Peaches & Milk</u></p> <p style="text-align: center;">*Apples & Wow Butter</p> <p style="text-align: center;">◁ Chocolate Bears and Juice</p>	<p>24. WG Buttered Toast, *Oranges & Milk</p> <p style="text-align: center;"><u>Cold Tuna Sandwiches on WG Bread, Beets, Tropical Fruit & Milk</u></p> <p style="text-align: center;">Toasted Oats & Plain Yogurt</p> <p style="text-align: center;">◁ Graham Crackers and Juice</p>
<p>27. WG Cheese Toast, Apricots & Milk</p> <p style="text-align: center;"><u>Pizza Casserole w/Sausage & Pepperoni, Applesauce, Broccoli & Milk</u></p> <p style="text-align: center;">*Oranges & Pita Bread</p> <p style="text-align: center;">◁Saltine Crackers and Juice</p>	<p>28. Cheerios, *Bananas & Milk</p> <p style="text-align: center;"><u>Chicken Salad Roll-Ups, *Cucumbers with Ranch Dressing, Cranberries & Milk</u></p> <p style="text-align: center;">Soft pretzel & Cheese Slices</p> <p style="text-align: center;">◁WG Graham Crackers and Juice</p>	<p>29. Golden Grahams Cereal, *Green Grapes & Milk</p> <p style="text-align: center;"><u>Pea Soup w/ Ham, Peaches, Oyster Crackers, Bread & Milk</u></p> <p style="text-align: center;">Carrot Sticks & Triscuits (cherrios)</p> <p style="text-align: center;">◁Ritz Crackers and Juice</p>	<p>30. Pancakes, *Apple Slices & Milk</p> <p style="text-align: center;"><u>Turkey Noodle Casserole w/ California Blend Veggies covered with Cheese, Cantaloupe, WG Dinner Roll & Milk</u></p> <p style="text-align: center;">WG Bologna Sandwich & Water</p> <p style="text-align: center;">◁Chocolate Bears and Juice</p>	<p>▪ <i>At Bright Beginnings we offer healthy, kid-friendly menu options. All our vegetables are fresh/frozen, never canned. We serve an abundance of fresh, seasonal fruits and canned fruits. All canned fruits are rinsed before being served. Baked goods and snack mixes are homemade w/whole wheat flour.</i></p>