

Bright Beginnings Childcare and Learning Centers

January 2022 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cheerios *Bananas Milk	4 Bagels w/Jelly Peaches Milk	5 Buttered Wheat Bread *Orange Smiles Milk	6 Raisin Muffins *Cinnamon Apples Milk	7 Corn Flakes Pears Milk
10 Cheese Bread *Honey Dew Melon Milk	11 Oatmeal Peaches Milk	12 Blueberry Muffins Mixed Fruit Milk	13 Scrambled Eggs *Grapes Milk	14 Wheaties *Apple Chunks Milk
17 French Toast Sticks Pineapple Chunks Milk	18 Jelly Toast Fruit Cocktail Milk	19 Rice Krispies *Cantaloupe Milk	20 Raisin Bagels, *Apples Milk	21 Pumpkin Bread *Oranges Milk
24 Life Cereal *Strawberries Milk	25 Pancakes w/ Syrup Applesauce Milk	26 Cinnamon Toast *Blueberries Milk	27 Cream Of Wheat Tropical Fruit Milk	28 Sausage Links Green Grapes Milk
31 English Muffins Pears Milk				

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Fiesta Turkey Mac w/Corn, *Apple Chunks W/G Buttered Bread Milk	4 Italian Chicken Soup w/Mixed Veggies * Orange Slices, W/G Buttered Bread Milk	5 Beef Stew w/Potatoes, Carrots, Onions Sliced Pears W/G Buttered Bread Milk	6 Scalloped Potatoes w/ Ham Fruit Cocktail W/G Buttered Bread Milk	7 Egg Salad Sandwiches, String Cheese, * Melon Salad Broccoli Milk
10 Tomato Soup w/Rice W/G Grilled Cheese Peaches Milk	11 Chicken Enchiladas *Bananas, Beets W/G Buttered Bread Milk	12 Ham/Cheese Sandwich *Orange Wheels Peas Milk	13 Turkey Mac N Cheese Carrots, Mixed Fruit W/G Buttered Bread Milk	14 Chicken Patty on a Bun, Green Beans *Red Grapes Milk
17 Beef Chop Suey w/ Oriental Veggies, Bananas W/G Buttered Bread Milk	18 Spaghetti w/ Meat Sauce, California Blend Veggies, Pineapple Milk	19 Turkey Chili w/Kidney Beans, *Cinnamon Apples W/G Buttered Bread Milk	20 Chicken, Bacon, Ranch W/G Wraps, Peas, Diced Pears Milk	21 Sloppy Joes W/G Bun Baked Beans, *Strawberries Milk
24 Swedish Meatballs Corn, *Orange Smiles W/G Buttered Bread Milk	25 Chicken Dumpling Soup Mixed Veg, Applesauce W/G Buttered Bread Milk	26 Hotdogs on W/G Bun Zucchini, Bananas Milk	27 Stuffed Green Peppers *Raspberries W/G Buttered Bread Milk	28 Turkey Sandwiches Mandarin Oranges Cauliflower Milk
31 Chicken Tetrazzini California Vegetables, Grapes, W/G Butter Bread Milk				

Snack Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Honey Toast *Orange Wheels	4 Zucchini Bread Milk	5 Cheese W/G Sandwich Water	6 Nutra Grain Bars Bananas	7 Ritz Crackers Raisins
10 Cottage Cheese Pineapple	11 Cinn Graham Bears *Apples	12 Celery Wheat Thins	13 Cranberry Muffins Milk	14 String Cheese Fish Crackers
17 Yogurt Fruit Cocktail	18 Soft Pretzels Milk	19 Saltines *Apples	20 Monster Crunch *Strawberries	21 English Muffins w/Melted Cheese
24 Mini Bagels w/Jelly Milk	25 Ham Sandwiches Water	26 Ranch Crackers Mandarin Oranges	27 Graham Crackers Peaches	28 Chocolate Bears *Bananas
31 Boiled Eggs Saltines				

Late Afternoon Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pretzels Orange Juice	Graham Crackers Apple Juice	Ritz Crackers Grape Juice	Fish Crackers Apple Raspberry Juice	Saltines Cranberry 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.