

## Bright Beginnings Childcare February Menu 2022

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1. Corn Chex, *Banana &amp; Milk</p> <p><u>Chicken Salad Roll-Ups, *Cucumbers with Ranch Dressing, Pears &amp; Milk</u></p> <p>Pretzel &amp; Cheese Slices</p> <p>&lt;W/G Vanilla Bears and Juice</p>	<p>2. Lemon Muffins, *Raspberries &amp; Milk</p> <p><u>Lemon Pepper Chicken with Wild Rice, Zucchini, *Honeydew, W/G Buttered Bread &amp; Milk</u></p> <p>*Carrot Sticks and Ranch Crackers</p> <p>&lt;Ritz Crackers and Juice</p>	<p>3. Waffles w/ Syrup, Peaches &amp; Milk</p> <p><u>White Bean Soup, Mixed Veggies, Pineapple, W/G Buttered Bread &amp; Milk</u></p> <p>Saltine Crackers &amp; Milk</p> <p>&lt; Chocolate Bears and Juice</p>	<p>4. Sausage Links, Pears &amp; Milk</p> <p><u>Fish Sandwich on WG Bun with Tartar Sauce, Carrots, Fruit Cocktail &amp; Milk</u></p> <p>WG Ham Sandwich</p> <p>&lt; Graham Crackers and Juice</p>
<p>7. Pancakes, *Strawberries &amp; Milk</p> <p><u>Chicken Alfredo, *Cantaloupe, Asparagus, W/G Buttered Bread &amp; Milk</u></p> <p>Chocolate Bears &amp; Milk</p> <p>&lt; W/G Saltine Crackers and Juice</p>	<p>8. Scrambled Eggs, *Apples &amp; Milk</p> <p><u>Lasagna w/Garlic Bread, Peas, Pineapple, &amp; Milk</u></p> <p>Apple Cinnamon Wafers &amp; Milk</p> <p>&lt;W/G Vanilla Bears and Juice</p>	<p>9. WG Toast with Jelly, Peaches &amp; Milk</p> <p><u>Chicken Fried Rice, California Vegetables, Applesauce, W/G Buttered Bread &amp; Milk</u></p> <p>Cheese Slices &amp; Pretzels</p> <p>&lt;Ritz Crackers and Juice</p>	<p>10. Oat Bran Muffins *Bananas &amp; Milk</p> <p><u>Minestrone Soup with Ham and WG Elbow Noodles, *Nectarines, Peas, Oyster Crackers &amp; Milk</u></p> <p>Fish Crackers &amp; *Fresh Green Beans</p> <p>&lt; Chocolate Bears and Juice</p>	<p>11. Cream of Wheat, *Blackberries &amp; Milk</p> <p><u>Turkey with Spinach Casserole, Brussel Sprouts, Mandarin Oranges, W/G Buttered Bread &amp; Milk</u></p> <p>Cottage Cheese &amp; Peaches</p> <p>&lt; Graham Crackers and Juice</p>
<p>14. English Muffins with Jelly, *Grapes &amp; Milk</p> <p><u>Wow Butter &amp; Jelly Sandwich on WG Bread, Cauliflower, *Blueberries &amp; Milk</u></p> <p>Strawberry Wafers &amp; Yogurt</p> <p>&lt; W/G Saltine Crackers and Juice</p>	<p>15. Golden Grahams, Fruit Cocktail &amp; Milk</p> <p><u>Gr Beef Tator Tot Casserole with Mixed Vegetables, Cheese, *Melon &amp; Milk</u></p> <p>Summer Sausage &amp; Whole Wheat Cracker</p> <p>&lt;W/G Vanilla Bears and Juice</p>	<p>16. Banana Bread, *Oranges &amp; Milk</p> <p><u>Chicken Nuggets with Honey Mustard Sauce, Broccoli, Pears &amp; Milk</u></p> <p>Graham Crackers &amp; Milk</p> <p>&lt;Ritz Crackers and Juice</p>	<p>17. WG Cinnamon Toast, *Apples &amp; Milk</p> <p><u>Gr Turkey Stroganoff with WG Noodles, Wax Beans, *Mangoes &amp; Milk</u></p> <p>Monster Crunch &amp; Peaches</p> <p>&lt; Chocolate Bears and Juice</p>	<p>18. French Toast w/syrup, Pears &amp; Milk</p> <p><u>Gr Beef Taco Mac &amp; Cheese, Peas, *Grapes, W/G Buttered Bread &amp; Milk</u></p> <p>Ritz Crackers &amp; Milk</p> <p>&lt; Graham Crackers and Juice</p>
<p>21. Oatmeal with Mixed Berries &amp; Milk</p> <p><u>Spanish Rice w/Ground Beef, *Green Peppers, *Apples, W/G Buttered Bread &amp; Milk</u></p> <p>WG Cheese Sandwich</p> <p>&lt; W/G Saltine Crackers and Juice</p>	<p>22. Honey Toasted Oats *Bananas &amp; Milk</p> <p><u>Turkey Ala King Noodles, Carrots, *Grapes, Rye Bread &amp; Milk</u></p> <p>Triscuits &amp; Milk</p> <p>&lt;W/G Vanilla Bears and Juice</p>	<p>23. Co Co Wheats, *Pears &amp; Milk</p> <p><u>Ham, Broccoli, Cheese and Rice Soup, Green Beans, Grapefruit, W/G Buttered Bread &amp; Milk</u></p> <p>*Oranges &amp; Cheese Slices</p> <p>&lt;Ritz Crackers and Juice</p>	<p>24. Oat Bran Muffins, *Blueberries &amp; Milk</p> <p><u>Chicken Ala King, Mixed Vegetables, Peaches, W/G Buttered Bread &amp; Milk</u></p> <p>*Apples &amp; Graham Crackers</p> <p>&lt; Chocolate Bears and Juice</p>	<p>25. WG Buttered Toast, *Oranges &amp; Milk</p> <p><u>Sliced Roast Beef Sandwiches on WG Bread, Beets, Tropical Fruit &amp; Milk</u></p> <p>*Strawberries &amp; Plain Yogurt</p> <p>&lt; Graham Crackers and Juice</p>
<p>28. WG Cheese Toast, Apricots &amp; Milk</p> <p><u>Porcupine Casserole w/ Gr. Beef w/Rice, Corn, Cranberries, W/G Buttered Bread &amp; Milk</u></p> <p>Mini Bagels &amp; Peaches</p> <p>&lt;W/G Saltine Crackers and Juice</p>		<p>• Bright Beginnings cuts and or cook's food into smaller pieces for 3-year old's and under to avoid any hazards of choking.</p> <p>• 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.</p> <p>&lt;Indicates 5:30 Snack</p> <p>* Indicates Fresh Fruit or Vegetable</p>		<p>• 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.</p>