

MAY 2021

Bright Beginnings

Monday

Rice Krispies,
*Strawberries & Milk **3**

Bologna and Cheese WG Sandwiches,
Fresh Cucumbers, Fruit Cocktail &
Milk

WG Saltines and Salami Slice

<WG Fish Cracker and Grape Juice

Cheerios Cereal,
*Bananas and Milk **10**

Spanish WG Quinoa w/Gr Beef *Red
Grapes, Green Beans & Milk

Ritz Crackers and Sliced Cheese

<WG Fish Cracker and Grape Juice

Cinnamon Toast,
*Apples and Milk **17**

Cheesy Ham, Cauliflower & Rice Soup,
Glazed Carrots, Fruit Cocktail,
WG Bread & Milk

Yogurt and Strawberries

<WG Fish Cracker and Grape Juice

French Toast
w/Mixed Berries & Milk **24**

Chicken Fried Rice w/Carrots, Peas,
Mixed Fruit, WG Bread & Milk

Butter Round Crackers and *Oranges

<WG Fish Cracker and Grape Juice

31

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Tuesday

Lemon Muffins,
*Apples & Milk **4**

Cold Chicken Salad WG Sandwich
Peas, *Pears, & Milk

Cottage Cheese and Pears

<Ritz Crackers and Apple Juice

Whole Wheat Toast,
Peaches, and Milk **11**

Scalloped Potatoes w/ Ham, *Granny
Smith Apples, Carrots,
WG Bread & Milk

*Orange Smiles and Rice Cakes

<Ritz Crackers and Apple Juice

Oat Bran Muffins,
*Raspberries and Milk **18**

Orange Chicken, Broccoli, *Green
Grapes, Rice, & Milk

WG Pretzels and Soy Butter

<Ritz Crackers and Apple Juice

Turkey Bacon,
*Apples and Milk **25**

Spaghetti w/ Meatballs, California
Blend Vegetables, *Honey Dew Melon,
WG French Bread & Milk

Monster Crunch w/ Raisins and Milk

<Ritz Crackers and Apple Juice

Wednesday

Honey Toast,
*Blueberries, & Milk **5**

Chicken Nuggets, Peaches, Green
Beans, Ranch sauce,
WG Bread & Milk

Bread Stick and Milk

<WG Grahams & Orange Juice

Cranberry Muffins *Pears,
and Milk. **12**

Tuna Melt on an English Muffin w/
Cheese, Peas, Tropical Fruit,
WG Bread & Milk

*WG Bread and Hard-Boiled Eggs

<WG Grahams and Orange Juice

Mini Bagels w/Cream Cheese,
*Blueberries and Milk **19**

Taco Salad w/Gr. Beef, Lettuce, Diced
Tomatoes, Cheese & Tortilla Chips, w/
Western Dressing, Pineapple, & Milk

String Cheese and WG Fish Crackers

<WG Grahams and Orange Juice

Oatmeal, Raspberries
and Milk **26**

Turkey Chili w/ Kidney Beans, Brussel
Sprouts, Mandarin Oranges, WG Bread
& Milk

WG Cheese Sandwich

<WG Grahams and Orange Juice

Thursday

Oatmeal w/ Brown Sugar
*Orange Smiles, and Milk **6**

Pizza Hot Dish, Cauliflower,
*Melon Salad, WG Bread & Milk

Celery and Raisins

<Chocolate Bears and Cranberry Juice

Sausage Links,
*Bananas and Milk **13**

Grilled Cheese WG Sandwich, Tomato
Soup w/Rice, Pineapple & Milk

Pumpkin Bread and Milk

<Chocolate Bears and Cranberry Juice

Scrambled Eggs,
*Oranges and Milk **20**

Cold Turkey Salad, French Style
Green Beans, *Orange Smiles, WG
Bread & Milk

Lemon Poppy Seed Bread and Milk

<Chocolate Bears and Cranberry Juice

Waffles with Syrup
*Pears and Milk **27**

WG Chicken Quesadilla, Mixed
Vegetables, *Strawberries, WG Bread
& Milk

Choc. Zucchini Bread and Milk

<Chocolate Bears and Cranberry Juice

Friday

Frosted Flakes Cereal,
Bananas, and Milk **7**

Roast Beef and Cheese WG
Sandwiches, Celery Sticks,
Applesauce, & Milk

Blueberry Muffins and Milk

<WG Strawberry Wafers and Pineapple Juice

Pancake's w/Strawberries
and Milk **14**

Baked Mostaccioli w/meat sauce,
Asparagus, Applesauce, WG Bread
& Milk

*Snap Peas and Wheat Thins

<WG Strawberry Wafers and Pineapple Juice

WG Cream of Wheat,
*Strawberries and Milk **21**

Gr. Beef Goulash w/ Diced Tomatoes,
Celery and Carrots, Egg Noodles,
*Cantaloupe, WG Bread & Milk

Cottage Cheese and Pineapple

<WG Strawberry Wafers and Pineapple Juice

WG Cheese Toast,
*Bananas and Milk **28**

Fish Sandwich, Tartar Sauce, Peas,
Mandarin Oranges & Milk

Soft Pretzel and Milk

<WG Strawberry Wafers and Pineapple 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.