

February Menu 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Bright Beginnings serves whole milk for infants and ones, 1% Milk is served for 2-year old's and up. All our Bread is Whole Grain (WG), including Buns and tortillas. Water is served for snack when milk is not.</i></p>	<p><i>Bright Beginnings has many food items cut and or cooked into smaller pieces for children under 3 to avoid any hazards of choking. Ex: grapes, apples, brussel sprouts, chicken, cheese cubes, celery etc.</i></p>			<p>1. English Muffins W/ Butter Apricots & Milk</p> <p>Italian Sausage Bake, California Blend Veggies, Cranberries, WG Bread & Milk</p> <p>Chex Mix & Milk <small>(Applesauce for Infants)</small></p>
<p>4. Cinnamon Toast, Mangoes & Milk</p> <p>Sloppy Joes on WG Bun, Corn On The Cob, Pears & Milk</p> <p>WG Apple Waffle Crackers & Grapefruit</p>	<p>5. Pancakes, Mixed Berries & Milk</p> <p>Egg Salad on WG Bread, Apples, Cucumbers & Milk</p> <p>Celery, Soynut Butter & Raisins <small>(Steamed Celery & Buttered Toast for Infants)</small></p>	<p>6. Rice Chex, Bananas & Milk</p> <p>Chicken Parmesan Pizza on WG Crust, Beets, Mixed Fruit & Milk</p> <p>Kiwi-Strawberry Mix & Homemade Cinnamon Tortilla Chips <small>(Soft Tortilla for Infants)</small></p>	<p>7. Biscuits & Gravy, Peaches & Milk</p> <p>Turkey Alfredo, Broccoli, Cranberries, WG Bread & Milk</p> <p>Ranch Crackers & Snap Peas</p>	<p>8. Strawberry Rhubarb Bread, Oranges & Milk</p> <p>Ham & Au Gratin Potatoes, Broccoli, Grapes, WG Bread & Milk</p> <p>Pita Bread & Turkey Slices</p>
<p>11. Bran Muffins, Pears & Milk</p> <p>Ground Beef Enchilada Bake w/ WG Tortillas, Zucchini, Honey Dew Melon & Milk</p> <p>Strawberries & Plain Yogurt</p>	<p>12. WG French Toast Casserole, Tropical Fruit & Milk</p> <p>WG Grilled Cheese, Tomato Soup, Wax Beans, Pineapple & Milk</p> <p>Rice Cakes & Baby Carrots</p>	<p>13. Oatmeal, Blackberries & Milk</p> <p>Mini Sausage Pizzas on WG English Muffins, Brussel Sprouts, Cranberries & Milk</p> <p>WG Cinnamon Crackers & Milk <small>(Blueberries for Infants)</small></p>	<p>14. Blueberry Waffles w/ Syrup, Applesauce & Milk</p> <p>Chicken Bacon Ranch WG Wraps, Spinach Salad, Grapes & Milk <small>(Broccoli for Infants)</small></p> <p>Green Beans & Saltine Crackers</p>	<p>15. Jelly Toast, Peaches & Milk</p> <p>Stuffed Green Pepper Casserole w/ Ground Turkey, WG Bread, Cauliflower, Cantaloupe & Milk</p> <p>Wheat Thins & Cheese Slices</p>
<p>18. Mini Bagels w/ Cream Cheese, Peaches & Milk</p> <p>WG Turkey & Cheese Sandwiches, Cauliflower, Plums & Milk</p> <p>WG Soft Pretzels & Smashed Avocado</p>	<p>19. Potato Pancakes, Applesauce & Milk</p> <p>Canadian Cheese Soup, Green Beans, Mandarin Oranges, WG Bread, & Milk</p> <p>WG Strawberry Waffle Grahams & Mixed Berries</p>	<p>20. Corn Flakes, Bananas & Milk</p> <p>Mostaccoli w/ Ground Beef, Beets, Tropical Fruit, WG Breadsticks & Milk</p> <p>String Cheese & Ritz Crackers</p>	<p>21. Lemon Muffins, Raspberries & Milk</p> <p>Tuna /Salad on WG Tortilla, Fresh Pears, Green Peppers & Milk</p> <p>Cucumbers w/ Ranch & Pumpernickel Bread</p>	<p>22. Cream of Wheat, Blueberries & Milk</p> <p>White Bean Soup, Asparagus, Pineapples, WG Oyster Crackers & Milk</p> <p>Cottage Cheese and Cherry Tomatoes</p>
<p>25. Cheese Toast, Pineapple & Milk</p> <p>BBQ Beef on WG Bun, Asparagus , Oranges & Milk</p> <p>WG Breadstick & Mashed Garbanzo Beans</p>	<p>26. Breakfast Skillet with Eggs & Hash Browns, Apricots & Milk</p> <p>Pea Soup w/ Ham, Carrots, WG Oyster Crackers, Pears & Milk</p> <p>Cheerios Snack Mix & Milk</p>	<p>27. Mini Wheats Cereal, Bananas & Milk</p> <p>Chicken Tacos, Lettuce, Salsa & Cheese On WG Tortillas, Green Beans, Mangoes & Milk</p> <p>Apples & Cheese Cubes</p>	<p>28. Orange Bread, Raspberries & Milk</p> <p>Meat Loaf, Mashed Potatoes, Brussel Sprouts, WG Dinner Rolls, Grapes & Milk</p> <p>Mixed Veggies & WG Sport Graham</p>	<p><i>*At Bright Beginnings we offer healthy, kid-friendly menu options. All our vegetables are fresh, 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>