

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1. Peaches & Cream Muffins, Blackberries & Milk</p> <p>Tater -Tot Casserole w/ Ground Beef, Green Beans, Oranges & Milk</p> <p>W/G Cheese Sandwiches & Cherry Tomatoes</p> <p>>String Cheese & WG Crackers</p> 	<p>2. French toast, Applesauce & Milk</p> <p>W/G Egg Salad Sandwiches, Peas, Mixed Fruit & Milk</p> <p>Snack Mix/Dried Fruit & Milk</p> <p>>Carmel Rice Cakes & Milk</p>	<p>3. Rice Chex, Bananas & Milk</p> <p>Turkey Tetrizzini, Beets, Tropical Fruit, W/G Bread & Milk</p> <p>Beef Sausage Slices & Ritz Crackers</p> <p>>Whole Grain Bread & Cheese Slices</p>	<p>4. English Muffins, Grapes & Milk</p> <p>Roast Beef and Cheese Rollups, Honeydew, Carrots & Milk</p> <p>Rice Cakes & Celery Sticks</p> <p>>Wafers & Milk</p>	<p>5. Pancakes, Strawberries & Milk</p> <p>BBQ Chicken Pizza, Cucumbers, Apples & Milk</p> <p>W/G Cinnamon Wafers & Milk</p> <p>>Bananas & Honey Grahams</p>
<p>8. Cream of Wheat, Blueberries & Milk</p> <p>Lemon Pepper Chicken w/ Rice, Zucchini, Mandarin Oranges WG Bread & Milk</p> <p>Soft Pretzels & Smashed Avocado</p> <p>>String Cheese & WG Crackers</p>	<p>9. Maple Burst Waffles, Applesauce, & Milk</p> <p>Taco Mac with Ground Turkey, Cauliflower, Pineapple, W/G Bread & Milk</p> <p>Cheese Cubes & Sports Grahams</p> <p>>Carmel Rice Cakes & Milk</p>	<p>10. Honey Toasted Oats, Bananas & Milk</p> <p>Very Veggie Minestrone Soup, Apples, Peas, Oyster Crackers & Milk</p> <p>W/G Strawberry Wafers & Milk</p> <p>> Whole Grain Bread & Cheese Slices</p>	<p>11. Soynut Butter Toast, Mangos & Milk</p> <p>Brat Pasta Bake, Wax Beans, Cranberries, W/G Bread & Milk</p> <p>Peaches & Cottage Cheese</p> <p>>Wafers & Milk</p>	<p>12. Cranberry Bread, Grapes & Milk</p> <p>Fish on a W/G Bun w/ Tartar Sauce, California Blend Veggies, Watermelon & Milk</p> <p>Goldfish Crackers & Milk</p> <p>>Bananas & Honey Grahams</p>
<p>15. W/G Mini Bagels w/Cream Cheese Raspberries & Milk</p> <p>Sweet & Sour Chicken, Chow Mein Noodles, Pineapple, Peas & Milk</p> <p>Cinnamon Bread & Milk</p> <p>>String Cheese & WG Crackers</p>	<p>16. Corn Chex, Golden Delicious Apples & Milk</p> <p>Ground Beef Chili, Carrots, W/G Crackers, Tropical Fruit & Milk</p> <p>Tortilla Ham & Pickle Roll Up</p> <p>>Carmel Rice Cakes & Milk</p>	<p>17. Blueberry Buckle Bread, Fresh Pears & Milk</p> <p>Pepperoni Pizza, Brussel Sprouts, Mandarin Oranges & Milk</p> <p>W/G Vanilla Bears & Milk</p> <p>>Whole Grain Bread & Cheese Slices</p>	<p>18. Bran Flakes, Bananas & Milk</p> <p>Red Beans w/ Rice, Grapes, Broccoli, W/G Bread & Milk</p> <p>Cucumbers & Rye Bread</p> <p>>Wafers & Milk</p>	<p>19. W/G Buttered Toast, Peaches & Milk</p> <p>Tuna Melt w/ Cheese on English Muffins, Strawberries, Beets & Milk</p> <p>Pea Pods & Breadsticks</p> <p>>Bananas & Honey Grahams</p>
<p>22. Scrambled Eggs, Hash Browns, Applesauce & Milk</p> <p>W/G Grilled Ham & Cheese Sandwiches, Oranges, Sweet Potato Fries & Milk</p> <p>Easter Crunch & Milk</p> <p>>String Cheese & WG Crackers</p> 	<p>23. Biscuits & Gravy, Apricots & Milk</p> <p>Cheesy Broccoli Soup, W/G Oyster Crackers, Pears, Green Beans & Milk</p> <p>Apples w/ Soy Nut Butter</p> <p>>Carmel Rice Cakes & Milk</p>	<p>24. W/G Jelly Toast, Tropical Fruit & Milk</p> <p>Chicken-Ranch Wraps, Cantaloupe, Asparagus, W/G Saltine Crackers & Milk</p> <p>Corn Flakes & Milk</p> <p>>Whole Grain Bread & Cheese Slices</p>	<p>25. Kix, Bananas & Milk</p> <p>Swedish Meatballs Over Egg Noodles, Spinach Salad, Cranberries, WG Bread, Milk</p> <p>Grapes & Dinosaur Crackers</p> <p>>Wafers & Milk</p>	<p>26. Strawberry Rhubarb Bread, Honeydew & Milk</p> <p>Turkey & Spinach Casserole, Green Peppers, Apples, W/G Bread & Milk</p> <p>Carrots & Homemade Tortilla Chips</p> <p>>Bananas & Honey Grahams</p>
<p>29. Pumpkin Muffins, Oranges & Milk</p> <p>Bean & Cheese Quesadillas, Peaches, Corn & Milk</p> <p>Cauliflower & W/G Cheez-Its</p> <p>>String Cheese & WG Crackers</p>	<p>30. Multi- Grain Cheerios, Mangoes & Milk</p> <p>Chicken Noodle Soup, Carrots Pineapple, W/G Crackers & Milk</p> <p>Strawberries & Yogurt</p> <p>>Carmel Rice Cakes & Milk</p>			

*Bright Beginnings serves whole milk for infants and ones. 1% Milk is served for 2 year olds and up. All of our Bread is Whole Grain (WG), including Buns, Tortillas, and Noodle's

*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, etc.

*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.

> *Indicates late afternoon snack*