

January 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4. Pancakes w/ Syrup, Mixed Berries &amp; Milk</p> <p><u>Chicken Pot Pie &amp; WG Bread, Corn, *Melon &amp; Milk</u></p> <p>Yogurt &amp; Cheerios</p> <p>&lt;Fish Crackers &amp; Milk</p>	<p>5. Cheerios, Pears &amp; Milk</p> <p><u>Cold Pasta Salad w/ Ham, *Strawberries, WG Bread &amp; Milk</u></p> <p>Breadsticks &amp; *Apples</p> <p>&lt;Ritz Crackers &amp; Cheese Slices</p>	<p>6. Zucchini Bread, Tropical Fruit &amp; Milk</p> <p><u>Chicken Patty on WG Bun, * Grapes, Brussel Sprouts &amp; Milk</u></p> <p>Trisquit Crackers &amp; Milk</p> <p>&lt;Pretzels and Cheese Cubes</p>	<p>7. Baked Oatmeal Muffins, Mixed Fruit &amp; Milk</p> <p><u>Salami &amp; Cheese Roll Up on WG Tortilla California Blend Veggies, *Oranges &amp; Milk</u></p> <p>String Cheese &amp; *Bananas</p> <p>&lt;Chocolate Bears &amp; Milk</p>	<p>8. Cheese WG Toast, *Honeydew Melon &amp; Milk</p> <p><u>Stuffed *Green Pepper Casserole w/Gr. Beef, Rice, Peaches &amp; Milk</u></p> <p>Ranch Crackers &amp; Milk</p> <p>&lt;Mandarin Oranges &amp; Saltines</p>
<p>11. Pumpkin Bread, *Oranges &amp; Milk</p> <p><u>Cauliflower Soup w/ Ham, *Peaches, WG Bread &amp; Milk</u></p> <p>Summer Sausage &amp; Saltines</p> <p>&lt;Fish Crackers &amp; Milk</p>	<p>12. Bran Flakes, *Apples &amp; Milk</p> <p><u>Turkey Stroganoff w/Noodles, Peas, Applesauce WG Bread &amp; Milk</u></p> <p>*Grapes &amp; Cheese Cubes</p> <p>&lt;Ritz Crackers &amp; Cheese Slices</p>	<p>13. Sausage Egg Bake, *Bananas &amp; Milk</p> <p><u>Turkey &amp; Cheese WG Sandwiches, Carrots, Mandarin Oranges &amp; Milk</u></p> <p>Wheat Thins &amp; Hummus</p> <p>&lt;Pretzels and Cheese Cubes</p>	<p>14. Toast w/Honey, *Blackberries &amp; Milk</p> <p><u>Porcupine Casserole w/ Gr. Beef &amp; Rice, Corn, Cranberries &amp; Milk</u></p> <p>Carmel Rice Cakes &amp; *Pears</p> <p>&lt;Chocolate Bears &amp; Milk</p>	<p>15. Oatmeal, *Strawberries &amp; Milk</p> <p><u>Ham &amp; Au gratin Potato, *Cucumbers, WG Bread, Fruit Cocktail &amp; Milk</u></p> <p>Vanilla Bears &amp; Milk</p> <p>&lt;Mandarin Oranges &amp; Saltines</p>
<p>18. Banana Bread, Tropical Fruit &amp; Milk</p> <p><u>Swedish Meatballs over Noodles, WG Bread, Mixed Vegetables, Peaches &amp; Milk</u></p> <p>Cucumbers and Pumpernickel Bread</p> <p>&lt;Fish Crackers &amp; Milk</p>	<p>19. Corn Flakes, Raspberries &amp; Milk</p> <p><u>Taco Mac &amp; Cheese w/ Gr. Beef, Green Beans, *Apples &amp; Milk</u></p> <p>Turkey &amp; Pickle WG Roll Ups</p> <p>&lt;Ritz Crackers &amp; Cheese Slices</p>	<p>20. Scrambled Eggs, *Bananas &amp; Milk</p> <p><u>Hot Ham &amp; Cheese Sandwich WG Bread, Broccoli, *Cantaloupe &amp; Milk</u></p> <p>Sports Grahams &amp; Milk</p> <p>&lt;Pretzels and Cheese Cubes</p>	<p>21. Biscuits &amp; Gravy, *Pears &amp; Milk</p> <p><u>Chicken Tetrazzini w/ Peas, *Carrots, Pineapple, WG Dinner Rolls &amp; Milk</u></p> <p>Mini Bagels w/Cream Cheese</p> <p>&lt;Chocolate Bears &amp; Milk</p>	<p>22. Waffles w/ Syrup, Mixed Berries &amp; Milk</p> <p><u>Tuna Salad WG Roll-Ups, California Blend Vegetables, Fruit Cocktail &amp; Milk</u></p> <p>Animal Crackers &amp; Milk</p> <p>&lt;Mandarin Oranges &amp; Saltines</p>
<p>25. Jelly WG Toast, *Oranges &amp; Milk</p> <p><u>Spanish Rice w/Pork, *Honeydew Melon, Asparagus &amp; Milk</u></p> <p>*Carrots w/ Dip &amp; Whole Wheat Crackers</p> <p>&lt;Fish Crackers &amp; Milk</p>	<p>26. Rice Krispies, *Apples &amp; Milk</p> <p><u>Spaghetti w/Meat Sauce, Cauliflower, *Strawberries, WG Garlic Bread &amp; Milk</u></p> <p>Chex Mix &amp; Milk</p> <p>&lt;Ritz Crackers &amp; Cheese Slices</p>	<p>27. Blueberry Muffins, *Bananas &amp; Milk</p> <p><u>Wow Butter &amp; Jelly WG Sandwiches, *Spinach Salad, Mixed Fruit &amp; Milk</u></p> <p>Strawberry Wafers &amp; Milk</p> <p>&lt;Pretzels and Cheese Cubes</p>	<p>28. Cream of Wheat, *Blackberries</p> <p><u>Chicken Salad Roll-Ups, Mixed Vegetables, Cranberries, WG Bread &amp; Milk</u></p> <p>*Green Peppers &amp; Taco Crackers</p> <p>&lt; Chocolate Bears &amp; Milk</p>	<p>29. Buttered Toast, Pears &amp; Milk</p> <p><u>Cheeseburger on WG Bun, Sweet Potato Fries, Apricots &amp; Milk</u></p> <p>Cheese Slices &amp; WG Bread</p> <p>&lt;Mandarin Oranges &amp; Saltines</p>
<p><i>**Bright Beginnings cuts and or cook's food into smaller pieces for 3-year old's and under to avoid any hazards of choking. * 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.</i></p> <p>&lt;Indicates 5:30 Snack</p>	<p><i>*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.</i></p>			