

June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3. Sausage Links, *Strawberries and Milk</p> <p><u>Bologna and Cheese Sandwiches, Fresh Cucumbers, *Red Delicious Apples & Milk</u></p> <p>Cinnamon Graham Crackers and Milk</p> <p><Nilla Wafers and Milk</p>	<p>4. Rice Krispies, *Apples, and Milk</p> <p><u>Cold Tuna Noodle Salad w/ cheese and Peas, *Pears, W/G Bread & Milk</u></p> <p>Cottage Cheese and Pears</p> <p><Ritz Crackers and Juice</p>	<p>5. Honey Toast, Juice, and Milk</p> <p><u>Chicken Dumpling Soup w/ carrot/celery, onions, Peaches, Green Beans, Oyster Crackers, Bread & Milk</u></p> <p>Animal Crackers and *Banana slices</p> <p><Pretzels and Cheese Cubes</p>	<p>6. Oatmeal w/ Brown Sugar *Orange Smiles, and Milk</p> <p><u>Pizza Hot Dish, Cauliflower, *Melon Salad, W/G Bread & Milk</u></p> <p>Fish Crackers and Raisins</p> <p><Chocolate Bears and Juice</p>	<p>7. Frosted Flakes Cereal, Bananas, and Milk</p> <p><u>Salami and Cheese Sandwiches, Celery Sticks, Applesauce, & Milk</u></p> <p>Bread Sticks w/ Pizza Sauce and Juice</p> <p><Graham Crackers and Milk</p>
<p>10. Scrambled Eggs, *Oranges and Milk</p> <p><u>Hot Dogs on a Bun, Sweet Potato Fries, *Green Grapes & Milk</u></p> <p>Ritz Crackers and Tomato Juice</p> <p><Nilla Wafers and Milk</p>	<p>11. Whole Wheat Toast, Peaches, and Milk</p> <p><u>Tator Tot Casserole w/ Gr. Turkey and Mixed Vegetables, *Granny Smith Apples, Bread & Milk</u></p> <p>Graham Crackers and Milk</p> <p><Ritz Crackers and Juice</p>	<p>12. Cranberry Muffins *Pears, and Milk.</p> <p><u>Tuna Melt on an English Muffin w/ Cheese, Peas, Tropical Fruit, W/G Bread & Milk</u></p> <p>*Oranges and Hard-Boiled Eggs</p> <p><Pretzels and Cheese Cubes</p>	<p>13. Sausage Patties, *Bananas and Milk</p> <p><u>Chicken Ala King w/ Mixed Vegetables, Pineapple & Kiwi Salad, Bread & Milk</u></p> <p>Pumpkin Bread and Milk</p> <p><Chocolate Bears and Juice</p>	<p>14. Pancakes w/Strawberries and Milk</p> <p><u>Baked Mostaccioli w/meat sauce, Corn Applesauce, W/G Bread & Milk</u></p> <p>Saltine Crackers and Cheese Slices</p> <p><Graham Crackers and Milk</p>
<p>17. Cinnamon Toast, *Apples and Milk</p> <p><u>Cheesy Ham, Broccoli & Rice Soup, Glazed Carrots, Fruit Cocktail, W/G Bread & Milk</u></p> <p>Strawberry Yogurt w/ Granola Bar</p> <p><Nilla Wafers and Milk</p>	<p>18. Oat Bran Muffins, *Raspberries and Milk</p> <p><u>Fettuccini Alfredo w/ Chicken, Broccoli, *Red Grapes, Garlic Bread & Milk</u></p> <p>Pretzels and Apple-Raspberry Juice</p> <p><Ritz Crackers and Milk</p>	<p>19. Mini Bagels w/Cream Cheese, *Blueberries and Milk</p> <p><u>Taco Salad w/Gr. Beef, Lettuce, Diced Tomatoes, Cheese & Tortilla Chips, w/ Western Dressing, Pineapple, & Milk</u></p> <p>String Cheese and Fish Crackers</p> <p><Pretzels and Cheese Cubes</p>	<p>20. Cheerios Cereal, *Bananas and Milk</p> <p><u>Hot Ham and Swiss Sandwiches, French Style Green Beans, *Orange Smiles, & Milk</u></p> <p>Lemon Poppy Seed Bread and Milk</p> <p><Chocolate Bears and Juice</p>	<p>21. Cream of Wheat, *Strawberries and Milk</p> <p><u>Gr. Beef Goulash w/ Diced Tomatoes, Celery and Carrots, Egg Noodles, *Cantaloupe, W/G Bread & Milk</u></p> <p>Cottage Cheese and Pineapple</p> <p><Graham Crackers and Milk</p>
<p>24. French Toast w/Mixed Berries & Milk</p> <p><u>Chicken Chop Suey over Rice w/Oriental Vegetables, Peas, Mixed Fruit, W/G Bread & Milk</u></p> <p>Butter Round Crackers and Juice</p> <p><Nilla Wafers and Milk</p>	<p>25. Sausage Links, *Apples and Milk</p> <p><u>Spaghetti w/ Meatballs, California Blend Vegetables, *Honey Dew Melon, French Bread & Milk</u></p> <p>Monster Crunch w/ Raisins and Milk</p> <p><Ritz Crackers and Juice</p>	<p>26. Oatmeal, Orange Juice and Milk</p> <p><u>Turkey Chili w/ Kidney Beans, Brussel Sprouts, *Red Grapes, W/G Bread & Milk</u></p> <p>Whole Wheat Cheese Sandwich</p> <p><Pretzels and Cheese Cubes</p>	<p>27. Mini Powdered Donuts, * Pears and Milk</p> <p><u>Hamburger Soup w/ Mixed Vegetables and Rice. *Strawberries, W/G Bread & Milk</u></p> <p>Cornbread and Milk</p> <p><Chocolate Bears and Juice</p>	<p>28. Scrambled Eggs, *Bananas and Milk</p> <p><u>Fish Sandwich, Tartar Sauce, Peas, Mandarin Oranges & Milk</u></p> <p>Soft Pretzel w/ cheese dip and Juice</p> <p><Graham Crackers and Milk</p>
				

Bright Beginnings serves whole milk for infants and one's. 1% Milk is served for 2 and older. We serve White and Whole Grain (W/G) breads. Baked Goods are Homemade. * indicates Fresh Fruit. < indicates Late day snack
 Bright Beginnings has many food items cut and/or cooked into smaller pieces for children under 3 to avoid hazards of choking. Ex. Grapes, Apples, Brussel Sprouts, Chicken, Cheese Cubes, etc.
 Bright Beginnings offers healthy, kid friendly menu options. All Vegetables are fresh/frozen. We serve an abundance of Fresh Fruit, Seasonal Fruit and Canned Fruits. All canned fruit is rinsed before serving.