


## November Menu 2020

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  |
|--|---|---|--|---|
| <p>2. Breakfast Skillet Eggs &amp; Hash Browns, Pineapple &amp; Milk</p> <p>Canadian Soup, Asparagus, Mandarin Oranges, WG Bread &amp; Milk</p> <p>WG Apple Waffle Crackers &amp; Mixed Berries</p> <p>&lt;Saltines &amp; Summer Sausage</p> | <p>3. Rice Chex, Blueberries &amp; Milk</p> <p>Hotdogs on WG Bun, California Blend Veggies, Apricots, &amp; Milk</p> <p>Pita Bread &amp; Salami Slices</p> <p>&lt;Chocolate Bears &amp; Milk</p>                        | <p>4. English Muffins w/ Jelly, Apricots &amp; Milk</p> <p>Spaghetti with WG Noodles, Meat Balls, Beets, Pears &amp; Milk</p> <p>Pears &amp; Ritz Crackers</p> <p>&lt;Carrots &amp; Pretzels</p>                      | <p>5. Strawberry Bread, Bananas &amp; Milk</p> <p>Meatloaf, Mashed Potatoes, Brussel Sprouts, WG Dinner Rolls, Grapes &amp; Milk</p> <p>Pretzels &amp; Veggie Dip</p> <p>&lt;Animal Crackers &amp; Milk</p>  | <p>6. Corn Flakes, Raspberries, &amp; Milk</p> <p>Chicken Tacos, Lettuce, Salsa, Cheese on WG Tortilla, Strawberries, Green Beans &amp; Milk</p> <p>Cucumbers &amp; Pumpernickel Bread</p> <p>&lt; Crackers w/Soynut Butter</p>   |
| <p>9. Bran Muffins, Pears &amp; Milk</p> <p>Chicken Parmesan Pizza, Peas, Mixed Fruit &amp; Milk</p> <p>WG Breadsticks &amp; Mashed Garbanzo Beans</p> <p>&lt;Saltines &amp; Summer Sausage</p>  | <p>10. Corn Puffs, Raspberries &amp; Milk</p> <p>White Bean Soup, Asparagus, Pineapple, WG Oyster Crackers &amp; Milk</p> <p>Mixed Veggies &amp; WG Vanilla Bears</p> <p>&lt;Chocolate Bears &amp; Milk</p>             | <p>11. Biscuits &amp; Gravy with Sausage, Peaches, &amp; Milk</p> <p>Tuna Melts on WG English Muffins, Green Beans, Oranges &amp; Milk</p> <p>String Cheese &amp; Ritz Crackers</p> <p>&lt;Carrots &amp; Pretzels</p> | <p>12. French Toast, Tropical Fruit &amp; Milk</p> <p>Ham &amp; Au gratin Potatoes, Broccoli, Cranberries, WG Bread &amp; Milk</p> <p>Gold Fish &amp; Cottage Cheese</p> <p>&lt;Animal Crackers &amp; Milk</p>   | <p>13. Waffles, Strawberries &amp; Milk</p> <p>WG Grilled Cheese, Tomato Soup, Sweet Potatos, Bananas &amp; Milk</p> <p>Wheat Thins &amp; Grapefruit</p> <p>&lt; Crackers w/Soynut Butter</p>   |
| <p>16. WG Honey Toast, Pineapple &amp; Milk</p> <p>Mostaccioli with Ground Beef, Wax Beans, Mandarin Oranges, WG Breadsticks &amp; Milk</p> <p>Blueberries &amp; Cheerios</p> <p>&lt;Saltines &amp; Summer Sausage</p>                       | <p>17. Cheerios, Pears &amp; Milk</p> <p>Chicken Noodle Soup with Egg Noodles, Carrots, Honeydew &amp; Milk</p> <p>Apples &amp; Cheese Cubes</p> <p>&lt;Chocolate Bears &amp; Milk</p>                                  | <p>18. Oatmeal, Blackberries &amp; Milk</p> <p>Ham and Cheese Sandwich on WG Bread, Peas, Strawberries &amp; Milk</p> <p>WG Cinnamon Crackers &amp; Milk</p> <p>&lt;Carrots &amp; Pretzels</p>                        | <p>19. Pancakes, Applesauce &amp; Milk</p> <p>Chicken Bacon Ranch WG Wraps, Spinach Salad, Grapes &amp; Milk</p> <p>Broccoli &amp; Ritz Crackers</p> <p>&lt;Animal Crackers &amp; Milk</p>   | <p>20. Cranberry Bread, Oranges &amp; Milk</p> <p>Mini Sausage Pizzas on WG English Muffins, Brussel Sprouts, Cantaloupe &amp; Milk</p> <p>Strawberry Waffle Grahams &amp; Milk</p> <p>&lt; Crackers w/Soynut Butter</p>  |
| <p>23. Mini Bagels w/ Cream Cheese, Peaches &amp; Milk</p> <p>WG Grilled Turkey &amp; Cheese, Cauliflower, Strawberries &amp; Milk</p> <p>WG Soft Pretzels &amp; Smashed Avocado</p> <p>&lt;Saltines &amp; Summer Sausage</p>                | <p>24. Rice Krispies, Oranges &amp; Milk</p> <p>Enchilada Bake w/ Ground Beef, WG Tortilla, Zucchini, Mixed Berries &amp; Milk</p> <p>Strawberries &amp; Cinnamon WG tortilla</p> <p>&lt;Chocolate Bears &amp; Milk</p> | <p>25. Butter Toast, Mixed Berries &amp; Milk</p> <p>WG Egg Salad Sandwiches, Cucumbers, Pineapple &amp; Milk</p> <p>Sliced Cheese &amp; Cherry Tomatoes</p> <p>&lt;Carrots &amp; Pretzels</p>                        | <p>26.</p> <p style="font-size: 2em; font-weight: bold;">Closed</p>  | <p>27. Cream of Wheat, Blueberries &amp; Milk</p> <p>Sloppy Joes on WG Bun, Corn on the Cob, Pears &amp; Milk</p> <p>Cheerios Snack Mix &amp; Milk</p> <p>&lt; Crackers w/Soynut Butter</p>   |
| <p>30. Jelly Toast, Tropical Fruit &amp; Milk</p> <p>Squash Soup with Ham, Brussel Sprouts, Oranges, WG Bread &amp; Milk</p> <p>Blackberries &amp; Plain Yogurt</p> <p>&lt;Saltines &amp; Summer Sausage</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, 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> |