

October 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>**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.</b>                      &lt;Indicates 5:30 Snack</p>	<p><b>*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.</b></p>		<p>1. Bagels, *Strawberries and Milk  <b><u>Brat Bake w/ Noodles, Green Beans, WG Bread, Apricots &amp; Milk</u></b>                      Cottage Cheese &amp; Peaches                      &lt; Chocolate Bears &amp; Milk</p>	<p>2. Kix, *Bananas, &amp; Milk  <b><u>Turkey Tator Tot Casserole w/ Mixed Vegetables, *Fresh Pears &amp; Milk</u></b>                      Apple Cinnamon Wafers &amp; Milk                      &lt;Mandarin Oranges &amp; Saltines</p>
<p>5. Pancakes, Mixed Berries &amp; Milk  <b><u>Enchilada Casserole w/ Gr. Beef &amp; WG Tortilla, Corn, *Watermelon &amp; Milk</u></b>                      Yogurt &amp; Cheerios                      &lt;Fish Crackers &amp; Milk</p>	<p>6. Golden Grahams, Pears &amp; Milk  <b><u>Cold Pasta Salad w/ Ham, *Strawberries, WG Bread &amp; Milk</u></b>                      Breadsticks &amp; *Apples                      &lt;Ritz Crackers &amp; Cheese Slices</p>	<p>7. Zucchini Bread, Tropical Fruit &amp; Milk  <b><u>Chicken Patty on WG Bun, *Green Grapes, Brussel Sprouts &amp; Milk</u></b>                      Trisquit Crackers &amp; Milk                      &lt;Pretzels and Cheese Cubes</p>	<p>8. Baked Oatmeal Muffins, Mixed Fruit &amp; Milk  <b><u>Salami &amp; Cheese Roll Up on WG Tortilla California Blend Veggies, *Oranges &amp; Milk</u></b>                      String Cheese &amp; *Bananas                      &lt;Chocolate Bears &amp; Milk</p>	<p>9. Cheese WG Toast, *Honeydew Melon &amp; Milk  <b><u>Stuffed *Green Pepper Casserole w/Gr. Beef, Rice, Peaches &amp; Milk</u></b>                      Ranch Crackers &amp; Milk                      &lt;Mandarin Oranges &amp; Saltines</p>
<p>12. Pumpkin Bread, *Oranges &amp; Milk  <b><u>Cauliflower Soup w/ Ham, *Peaches, WG Bread &amp; Milk</u></b>                      Summer Sausage &amp; Saltines                      &lt;Fish Crackers &amp; Milk</p>	<p>13. Bran Flakes, *Apples &amp; Milk  <b><u>Turkey Stroganoff w/Noodles, Peas, Applesauce WG Bread &amp; Milk</u></b>                      *Grapes &amp; Cheese Cubes                      &lt;Ritz Crackers &amp; Cheese Slices</p>	<p>14. Sausage Egg Bake, *Bananas &amp; Milk  <b><u>Tuna Salad WG Sandwiches, *Carrots, Mandarin Oranges &amp; Milk</u></b>                      Wheat Thins &amp; Hummus                      &lt;Pretzels and Cheese Cubes</p>	<p>15. Toast w/Honey, *Blackberries &amp; Milk  <b><u>Porcupine Casserole w/ Gr. Beef &amp; Rice, Corn, Cranberries &amp; Milk</u></b>                      Carmel Rice Cakes &amp; *Pears                      &lt;Chocolate Bears &amp; Milk</p>	<p>16. Oatmeal, *Strawberries &amp; Milk  <b><u>Ham &amp; Au gratin Potato, *Cucumbers, WG Bread, Fruit Cocktail &amp; Milk</u></b>                      Vanilla Bears &amp; Milk                      &lt;Mandarin Oranges &amp; Saltines</p>
<p>19. Banana Bread, Tropical Fruit &amp; Milk  <b><u>Swedish Meatballs over Noodles, WG Bread, Mixed Vegetables, Peaches &amp; Milk</u></b>                      Cucumbers and Pumpernickel Bread                      &lt;Fish Crackers &amp; Milk</p>	<p>20. Corn Flakes, Raspberries &amp; Milk  <b><u>Taco Mac &amp; Cheese w/ Gr. Beef, Green Beans, *Apples &amp; Milk</u></b>                      Turkey &amp; Pickle WG Roll Ups                      &lt;Ritz Crackers &amp; Cheese Slices</p>	<p>21. Scrambled Eggs, *Bananas &amp; Milk  <b><u>Ham &amp; Cheese Sandwich WG Bread, Broccoli, *Cantaloupe &amp; Milk</u></b>                      Sports Grahams &amp; Milk                      &lt;Pretzels and Cheese Cubes</p>	<p>22. Biscuits &amp; Gravy, *Pears &amp; Milk  <b><u>Chicken Tetrizzini w/ Peas, *Carrots, Pineapple, WG Dinner Rolls &amp; Milk</u></b>                      Mini Bagels w/Cream Cheese                      &lt;Chocolate Bears &amp; Milk</p>	<p>23. Waffles w/ Syrup, Mixed Berries &amp; Milk  <b><u>Tuna Salad WG Roll-Ups, California Blend Vegetables, Fruit Cocktail &amp; Milk</u></b>                      Teddy Grahams &amp; Milk                      &lt;Mandarin Oranges &amp; Saltines</p>
<p>26. Jelly WG Toast, *Oranges &amp; Milk  <b><u>Spanish Rice w/Pork, *Honeydew Melon, Asparagus &amp; Milk</u></b>                      *Carrots w/ Dip &amp; Whole Wheat Crackers                      &lt;Fish Crackers &amp; Milk</p>	<p>27. Rice Krispies, *Apples &amp; Milk  <b><u>Fall Spaghetti w/Pepperoni, Cauliflower, *Strawberries, WG Garlic Bread &amp; Milk</u></b>                      Chex Mix &amp; Milk                      &lt;Ritz Crackers &amp; Cheese Slices</p>	<p>28. Blueberry Muffins, *Bananas &amp; Milk  <b><u>Soynut Butter &amp; Jelly WG Sandwiches, *Spinach Salad, Fruit Cocktail &amp; Milk</u></b>                      Strawberry Wafers &amp; Milk                      &lt;Pretzels and Cheese Cubes</p>	<p>29. Cream of Wheat, *Blackberries  <b><u>Chicken Salad Roll-Ups, Mixed Vegetables, Cranberries, WG Bread &amp; Milk</u></b>                      *Green Peppers &amp; Taco Crackers                      &lt; Chocolate Bears &amp; Milk</p>	<p>30. Buttered Toast, Pears &amp; Milk  <b><u>Cheeseburger on WG Bun, Sweet Potato Fries, Apricots &amp; Milk</u></b>                      Cheese Slices &amp; WG Bread                      &lt;Mandarin Oranges &amp; Saltines</p>

