

December Menu 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3. Oatmeal, Mixed Berries & Milk</p> <p>Stuffed Green Pepper Casserole w/ Ground Beef, Cauliflower, Mandarin Oranges, WG Bread & Milk</p> <p>Apple Cinnamon Wafers & Bananas</p>	<p>4. Blueberry Bread, Mangoes & Milk</p> <p>Pea Soup with Ham, Beets, Pears, WG Bread & Milk</p> <p>WG Breadsticks & Cherry Tomatoes</p>	<p>5. Corn Puffs Bananas & Milk</p> <p>Chicken broccoli & Rice Casserole Asparagus, Strawberries, WG Bread & Milk</p> <p>Cottage Cheese & Fruit Salsa</p>	<p>6. Potato Pancakes, Applesauce & Milk</p> <p>Soynut Butter & Jelly WG Tortilla, Baby Carrots, Peaches & Milk</p> <p>Broccoli & Pretzels (Cheerios & Steamed Broccoli For Infants & Ones)</p>	<p>7. WG Cinnamon French Toast, Apricots & Milk</p> <p>Mini Sausage Pizza on WG English Muffin, Brussel Sprouts, Grapes & Milk</p> <p>WG Cracker & Milk (avocados for infants)</p>
<p>10. Mini Bagels w/ Cream Cheese, Pineapple & Milk</p> <p>Au Gratin Potatoes w/ Ham, California Blend Veggies, Fresh Pears, WG Bread & Milk</p> <p>Chex Mix & Milk (Dry Chex & String Cheese For Infants)</p>	<p>11. Rye Toast, Peaches & Milk</p> <p>BBQ Beef On WG Bun, Cauliflower, Apples & Milk</p> <p>WG Vanilla Bears & Fresh Pears</p>	<p>12. Corn Flakes, Bananas & Milk</p> <p>Bean & Cheese Quesadillas, Asparagus, Grapes, WG Bread & Milk</p> <p>Cheese Slices & Ritz Crackers</p>	<p>13. English Muffin w/ Butter, Mixed Fruit & Milk</p> <p>Turkey & Cheese Sandwiches on WG Bread, Celery Sticks, Clementine & Milk</p> <p>Plain Yogurt & Mangoes</p>	<p>14. Lemon Muffins, Blueberries & Milk</p> <p>Chicken Gumbo, Green Beans, Honey Dew Melon, WG Crackers & Milk</p> <p>WG Soft Pretzel & Cucumbers</p>
<p>17. Cheese Toast, Tropical Fruit & Milk</p> <p>Turkey Alfredo, Broccoli, Cranberries, WG Bread & Milk</p> <p>Taco Crackers & Baby Carrots (Steamed Carrots For Infants)</p>	<p>18. Cream Of Wheat, Raspberries & Milk</p> <p>Grilled Chicken Cordon Bleu Sandwiches, Corn, Pears & Milk</p> <p>WG Waffles Bites & Milk (Blueberries For Infants)</p>	<p>19. Rice Krispies, Bananas & Milk</p> <p>Ground Beef Tacos on WG Tortillas, Cheese, Lettuce & Salsa, Beets, Pineapple & Milk</p> <p>Mashed Avocado & WG Homemade Baked Tortillas</p>	<p>20. Cherry Bread, Apples & Milk</p> <p>Spanish Rice w/ Pork, Wax Beans, Cantaloupe, WG Bread & Milk</p> <p>Veggie Pizza (WG Crust) & Milk (Peas For Infants)</p>	<p>21. Egg Bake, Oranges & Milk</p> <p>Cheesy Cream Of Vegetable Soup w/ WG Noodles, Zucchini, Strawberries, Oyster Crackers & Milk</p> <p>WG Cinnamon Grahams & Grapes</p>
<p>24. CLOSED CHRISTMAS EVE</p>	<p>25. CLOSED CHRISTMAS</p>	<p>26. Bran Flakes, Bananas & Milk</p> <p>Sweet Potato Chili, Cucumbers, Peaches, WG Breadstick & Milk</p> <p>WG Goldfish Crackers & Green Beans</p>	<p>27. Pancakes, Blackberries & Milk</p> <p>Tuna Noodle Bake, Cauliflower, Watermelon, WG Bread & Milk</p> <p>Rice Cakes & Mixed Fruit</p>	<p>28. WG Bagels w/ Cream Cheese, Cantaloupe & Milk</p> <p>Ham & Cheese Sandwich on WG Bread, Green Pepper Slices, Oranges & Milk</p> <p>WG Croissants w/ Roast Beef Slices</p>
<p>31. Jelly Toast, Tropical Fruit & Milk</p> <p>Sliced Ham, Peas, Pineapple, WG Dinner Roll & Milk</p> <p>Hard Boiled Eggs & Sport Grahams</p>	<p><i>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, celery etc.</i></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>	
			<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 and Tortillas. Water is served for snack when milk is not.</p>	