

May Menu 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		1. Cheese Toast, ~Grapefruit & Milk <u>Porcupine Casserole w/ Turkey, Pears, Brussel Sprouts, W/G Bread & Milk</u> Toasted oat, Goldfish & Raisin Snack Mix & Milk >W/G Crackers w/ Cream Cheese & Chives	2. Chex Cereal, ~Bananas & Milk <u>White Bean Soup, Asparagus, Pineapple, W/G Oyster Crackers & Milk</u> Cucumbers & String Cheese >Mapleburst Waffles & Milk	3. English Muffins, ~Grapes & Milk <u>Meatloaf, Mashed Potatoes, Wax Beans, Peaches, W/G Dinner Roll & Milk</u> Beef Slices & Saltine Crackers >Chocolate Bears & Milk
6. Pancakes w/ Syrup, Mixed Berries & Milk <u>Turkey Alfredo, W/G Bread, Cauliflower, ~Apples & Milk</u> Apple Cinnamon Wafers & Milk >Carrots & Sports Grahams	7. Cinnamon Toast, Peaches & Milk <u>Sloppy Joes on W/G Bun, ~Pears, Corn on the Cob & Milk</u> Hard Boiled Eggs & W/G Crackers >Strawberry Wafers & Milk	8. Corn Flakes, Strawberries & Milk <u>Grilled Cheese on W/G Bread, Tomato Soup, Wax Beans, Pineapple & Milk</u> Banana/Soy Nut Butter Roll-Ups >W/G Crackers w/ Cream Cheese & Chives	9. W/G Jelly Toast, Apricots & Milk <u>Chop Suey w/ Pork, Oriental Veggies, ~Orange Smiles, W/G Bread & Milk</u> Ranch Crackers & Milk >Mapleburst Waffles & Milk	10. Bran Muffins, ~Honeydew & Milk <u>Ham & Au Gratin Potatoes, Broccoli, Cranberries, W/G Bread & Milk</u> Pea Pods & Pretzels (Cheerios for Inf & Ones) >Chocolate Bears & Milk
13. Oatmeal, Blueberries & Milk <u>Cold Ham & Pineapple Pasta Salad, Peas, Apricots, W/G Bread & Milk</u> Yogurt & Toasted Oats >Carrots & Sports Grahams	14. French Toast, Applesauce & Milk <u>Ground Beef Enchilada Bake, W/G Tortillas, Zucchini, Pears & Milk</u> Green Peppers & Ritz Crackers >Strawberry Wafers & Milk	15. Buttered Toast, Peaches & Milk <u>Sausage Pizza on W/G English Muffins, Wax Beans, ~Clementines & Milk</u> Cinnamon Grahams & Milk >W/G Crackers w/ Cream Cheese & Chives	16. Kix Cereal, Strawberries & Milk <u>Chicken Gumbo, Cauliflower, Fresh Grapes, W/G Bread & Milk</u> Pita Bread & Cheese Slices >Mapleburst Waffles & Milk	17. Baked Oatmeal Muffins, Mangoes & Milk <u>Soy Nut Butter & Jelly on W/G Bread, ~Cantaloupe, Cucumbers & Milk</u> Caramel Rice Cakes & Milk >Chocolate Bears & Milk
20. Bagels w/ Cream Cheese, Blackberries & Milk <u>Mostaccioli w/ Ground Beef, California Blend Veggies, Mandarin Oranges, W/G Breadsticks & Milk</u> W/G Honey Grahams & Milk Carrots & Sports Grahams	21. Blueberry Waffles, Peaches & Milk <u>Egg Salad on W/G Bread, Spinach Salad, ~Apples & Milk</u> Soft Pretzels & Smashed Garbanzo Beans >Strawberry Wafers & Milk	22. Jelly Toast, Applesauce & Milk <u>Frank & Beans, Broccoli, Tropical Fruit, W/G Bread & Milk</u> Vanilla Bears & Milk >W/G Crackers w/ Cream Cheese & Chives	23. Apple Muffins, Fresh Bananas & Milk <u>Stuffed Green Pepper Casserole w/ Ground Turkey, Peas, Cranberries, W/G Bread & Milk</u> Wheat Thins & Green Beans >Mapleburst Waffles & Milk	24. Corn Flakes, ~Orange Smiles & Milk <u>Chicken Bacon Ranch W/G Wraps, ~Honeydew, Beets & Milk</u> Sports Grahams & Milk >Chocolate Bears & Milk
27. CLOSED Happy Memorial Day! 	28. Breakfast Skillet w/ Hasbrowns, Apricots & Milk <u>Canadian Cheese Soup, Green Beans, Pineapple, W/G Oyster Crackers, Milk</u> Cottage Cheese & Cherry Tomatoes >Strawberry Wafers & Milk	29. Honey Toast, Peaches & Milk <u>Chicken Tacos w/ Shredded Lettuce, Salsa, Cheese on W/G Tortilla, Corn, ~Watermelon & Milk</u> W/G Breadsticks w/ Marinara & Milk >W/G Crackers w/ Cream Cheese & Chives	30. Malt O' Meal, Raspberries & Milk <u>BBQ Beef on WG Bun, Asparagus, ~Grapes & Milk</u> Green Peppers & Goldfish >Mapleburst Waffles & Milk	31. Zucchini Bread, ~Pears & Milk <u>Tuna Salad on W/G Tortillas, Coleslaw, ~Apples & Milk</u> Chex Mix & Milk >Chocolate Bears & Milk

*Bright Beginnings serves whole milk for infants and ones. 1% Milk is served for 2 year old and up. All of our Bread is Whole Grain (W/G), including Buns, Tortillas, and Noodles.

*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, etc.

*Bright Beginnings offers 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. ~ Indicates Fresh Fruit > Indicates late afternoon snack