

Bright Beginnings Breakfast & Snack Menu

Sun

Mon

Tue

Wed

Thu

Fri

Sat

cheerios with milk
grape juice

cinnamon toast
milk

bagels
fresh fruit & milk

apple slices
with cheese

cinnamon rolls
canned pears/milk

saltines
with cheese

oatmeal w/milk
apple juice

cheese nips
orange juice

rice crispies w/milk
orange juice

animal crackers
milk

banana bread
applesauce & milk

wheat thins
grape juice

rice crispies w/milk
orange juice

animal crackers
milk

toast
fresh fruit & milk

cookies
and milk

wheat chex w/milk
grape juice

Ritz crackers
apple juice

cream of wheat
w/milk & apple juice

goldfish crackers
grape juice

cocoa and toast
fresh fruit

pretzels
carrot sticks

cream of wheat
w/milk & apple juice

goldfish crackers
grape juice

cheerios with milk
grape juice

cinnamon toast
milk

bagels
fresh fruit & milk

apple slices
with cheese

cocoa and toast
fresh fruit

pretzels
carrot sticks

oatmeal w/milk
apple juice

cheese nips
orange juice

muffins
fresh fruit & milk

pretzels
with raisins

banana bread
applesauce & milk

wheat thins
grape juice

cheerios with milk
grape juice

cinnamon toast
milk

oatmeal w/milk
apple juice

cheese nips
orange juice

wheat chex w/milk
grape juice

Ritz crackers
apple juice

corn flakes w/milk
orange juice

graham crackers
milk

cocoa and toast
fresh fruit

pretzels
carrot sticks

banana bread
applesauce & milk

wheat thins
grape juice

Bright Beginnings Lunch Menu

Sun

Mon

Tue

Wed

Thu

Fri

Sat

chicken & rice soup
cheese sticks
fruit cocktail
milk

macaroni and
cheese with ham
corn
peaches
milk

tuna fish sandwich
deviled eggs
french fries
fresh fruit
milk

chicken & rice
casserole
baked beans
canned pears
milk

spaghetti and
meatballs
green beans
applesauce
milk

pork & beans
with wieners
cheese biscuits
bananas
carrot sticks
milk

pepperoni pizza
carrot sticks
canned peaches
milk

chili & rice
carrot sticks
canned pears
milk

tuna fish casserole
green peas
apple slices
milk

pigs in a blanket
baked beans
fresh fruit
milk

skillet mac 'n' beef
carrot sticks
bananas
milk

bean & cheese
burritos
corn
fresh fruit
milk

grilled ham and
cheese sandwich
french fries
fresh fruit
milk

spanish rice
with wieners
green peas
peach cobbler
milk

beef stroganoff
green beans
canned pears
milk

cheesy nachos
refried beans
fruit salad
carrot sticks
milk

scrambled eggs
hash browns
toast
fruit cocktail
milk

turkey
dressing
mashed potatoes
green peas
pumpkin pie
milk

chicken & rice soup
cheese sticks
fruit cocktail
milk!

macaroni and
cheese with ham
corn
peaches
milk