

Bright Beginnings Childcare Home Menu
5 Week Rotating Menu



Menu Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole or 1% Milk Waffle Seasonal Fruit	Whole or 1% Milk Cereal Banana	Whole or 1% Milk Muffin Seasonal Fruit	Whole or 1% Milk Cereal Banana	Whole or 1% Milk Toast Applesauce
Lunch	Whole or 1% Milk Chicken Noodle Soup Crackers Oranges	Whole or 1% Milk Spaghetti and Meatballs Seasonal Fruit	Whole or 1% Milk Grilled Cheese Green Beans Applesauce	Whole or 1% Milk Chicken & Stuffing Bake w/mixed veggies Cranberry sauce	Whole or 1% Milk Pizza Apple Slices
Snack	100% Fruit juice Goldfish	100% Fruit juice Pretzels	100% Fruit juice Graham Crackers	100% Fruit juice Popcorn	100% Fruit juice Animal Crackers

Menu Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole or 1% Milk Biscuit Applesauce	Whole or 1% Milk Cereal Banana	Whole or 1% Milk Juice Waffle Seasonal Fruit	Whole or 1% Milk Cereal Banana	Whole or 1% Milk Toast Seasonal Fruit
Lunch	Whole or 1% Milk Chicken Nuggets Green Beans Bread Seasonal Fruit	Whole or 1% Milk Tater Tot Casserole Bread Oranges	Whole or 1% Milk Cheese Quesadillas Corn Seasonal Fruit	Whole or 1% Milk Turkey Sandwich Veggie sticks Applesauce	Whole or 1% Milk Corn Dog Carrots Seasonal Fruit
Snack	100% Fruit juice String Cheese Crackers	100% Fruit juice NutriGrain Bar	100% Fruit juice Goldfish	100% Fruit juice Raisins Graham Crackers	100% Fruit juice Animal Crackers Yogurt

***All meals served with water.

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Menu Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole or 1% Milk Muffin Seasonal Fruit	Whole or 1% Milk Cereal Banana	Whole or 1% Milk Pancakes Seasonal Fruit	Whole or 1% Milk Cereal Banana	Whole or 1% Milk Toast w/jelly Applesauce
Lunch	Whole or 1% Milk Ham Sandwich Baked Fries Applesauce	Whole or 1% Milk Minestrone Soup Bread Seasonal Fruit	Whole or 1% Milk Beef & Chees. Burrito Corn Apple Slices	Whole or 1% Milk Fish Sticks Mixed Veggies Oranges	Whole or 1% Milk Pigs in a Blanket Green Beans Seasonal Fruit
Snack	100% Fruit juice Veggie Straws	100% Fruit juice Popcorn	100% Fruit juice Graham Crackers	100% Fruit juice Pretzels	100% Fruit juice Goldfish

Menu Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole or 1% Milk Waffle Seasonal Fruit	Whole or 1% Milk Cereal Banana	Whole or 1% Milk Biscuits Applesauce	Whole or 1% Milk Cereal Banana	Whole or 1% Milk Muffin Oranges
Lunch	Whole or 1% Milk Cheesy Chicken & Pasta w/ Mixed Veggies Bread and	Whole or 1% Milk Cheeseburger Pie Baked Fries Seasonal Fruit	Whole or 1% Milk Meatball Sub Apple Slices	Whole or 1% Milk Chicken Sandwich Veggie Sticks Seasonal Fruit	Whole or 1% Milk Pizza Oranges
Snack	100% Fruit juice Granola Bar	100% Fruit juice Cheese Crackers	100% Fruit juice Dry cereal	100% Fruit juice String Cheese Crackers	100% Fruit juice Animal Crackers

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Menu Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Whole or 1% Milk Pancakes Grapes	Whole or 1% Milk Cereal Banana	Whole or 1% Milk Cinnamon Bread Applesauce	Whole or 1% Milk Cereal Banana	Whole or 1% Milk Toast Applesauce
Lunch	Whole or 1% Milk Mac and Cheese Green Beans Crackers Oranges	Whole or 1% Milk Chicken Quesadillas Corn Seasonal Fruit	Whole or 1% Milk Beanie Weenies Crackers Seasonal Fruit	Whole or 1% Milk Turkey Sandwich Veggie Sticks Seasonal Fruit	Whole or 1% Milk Pizza Oranges
Snack	100% Fruit juice Veggie Straws	100% Fruit juice NutriGrain Bar	100% Fruit juice Graham Crackers	100% Fruit juice Pretzels	100% Fruit juice Goldfish

***All meals served with water.