



Bright Beginnings Breakfast & Snack Menu September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Multigrain Cheerios, Melon Wedges, and Milk ----- Ritz Crackers and Melon Wedges
4 Closed for Labor Day	5 WW Toast, Bananas, and Milk ----- Gold Fish and Sliced Peppers	6 Oatmeal Muffins(A-16), Apple Slices, and Milk ----- Graham Crackers and Bananas	7 Kix Cereal, Oranges, and Milk ----- Pretzels and Carrots	8 Banana muffins (A-04), Grapes, and Milk ----- Yogurt and Berries
11 Life Cereal, Apple Slices, and Milk ----- WW-Wheat Thins and Cucumbers	12 EF English Muffins, Fresh Fruit, and Milk ----- Cheese Stick and Grapes	13 Whole Grain Oatmeal, Berries, and Milk ----- Boiled Egg & Fruit Salad	14 Blueberry muffins (A-03), Apple Slices, and Milk ----- WW Toast and Milk	15 Rice Krispies, Oranges, and Milk ----- Cheez-it and Apples Slices
18 Bagels, Bananas, and Milk ----- WW Triscuits and Cauliflower	19 Multigrain Cheerios, Melon Wedges, and Milk ----- Ritz Crackers and Melon Wedges	20 WW Toast, Bananas, and Milk ----- Gold Fish and Sliced Peppers	21 Oatmeal Muffins(A-16), Apple Slices, and Milk ----- Graham Crackers and Bananas	22 Kix Cereal, Oranges, and Milk ----- Pretzels and Carrots
25 Banana muffins (A-04), Grapes, and Milk ----- Yogurt and Berries	26 Life Cereal, Apple Slices, and Milk ----- WW Triscuits and Cauliflower	27 EF English Muffins, Fresh Fruit, and Milk ----- Ritz Crackers and Melon Wedges	28 Whole Grain Oatmeal, Berries, and Milk ----- Gold Fish and Sliced Peppers	29 Blueberry muffins (A-03), Apple Slices, and Milk ----- Graham Crackers and Bananas

Every effort will be made to serve the items listed on this menu; however, changes may be made based on the availability of certain foods. If you would like to know the changes that have been made to the menu, you may request a list of the changes at the front desk.

Breakfast Meal Pattern (3 components per meal)			
Ages 1-2 Amounts	Ages 3-5 Amounts	Ages 6-12 Amounts	Food Group
4 fluid oz.	6 fluid oz.	8 fluid oz.	Fluid Milk
¼ C.	½ C.	½ C.	Vegetables, fruit or both
½ serving	½ serving	1 serving	Grain
½ oz.	½ oz.	1 oz.	Meat/alt. (no more than 3 times a week in place of the grain)

PM Snack Meal Pattern (2 components per meal)			
Ages 1-2 Amounts	Ages 3-5 Amounts	Ages 6-12 Amounts	Food group
4 fluid oz.	4 fluid oz.	8 fluid oz.	Fluid Milk
½ oz.	½ oz.	1 oz.	Meat/alt.
½ C.	½ C.	¾ C.	Vegetable
½ C.	½ C.	¾ C.	Fruit
½ serving	½ serving	1 serving	Grain

New meal patterns starting October 1!

Children aged 2 and up receive 1% milk, children age 1 receive whole milk
Bright Beginnings Early Learning Center is an equal opportunity provider and employer