



# Bright Beginnings Lunch Menu September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
31				1 <b>WW Bean &amp; Cheese Burritos (D-21A)</b> Corn Pears Milk
4 <b>Closed for Labor Day</b>	5 <b>WW Macaroni &amp; Cheese with Ham (D-20A)</b> Cucumbers Apples Milk	6 <b>WG Spanish Brown Rice with Ground Beef (B-17)</b> Broccoli Oranges Milk	7 <b>WW Spaghetti and Beef Casserole (D-03)</b> Side Salad Pears Milk	8 <b>WW Ham &amp; Cheese Roll-Ups (F-07)</b> Sliced Bell Peppers Oranges Milk
11 Ground Beef Pizza (D-31) Cauliflower Grapes Milk	12 Barbecued Pork on Roll (F-08) Coleslaw (E-09) Pineapple Milk	13 <b>WW Beef Tacos (D-13)</b> Corn Fruit Salad Milk	14 <b>WW Turkey Salad Sandwiches (E-07)</b> Snap Peas Bananas Milk	15 <b>Chili (D-25) &amp; WG Brown Rice (A-18)</b> Corn Apples
18 <b>WW Grilled Ham &amp; Cheese Sandwiches (F-13)</b> Cauliflower Apples and Milk	19 <b>WW Chicken Burrito (D-30)</b> Broccoli Melon Wedges Milk	20 <b>WW Vegetable Quesadilla (D-52)</b> Pepper Slices Bananas Milk	21 Chicken Nuggets (D-09B) <b>Tabouleh (E-23)</b> Oranges Milk	22 <b>Chicken &amp; WW Noodle Casserole (D-17)</b> Green Beans Bananas Milk
25 <b>WW Bean &amp; Cheese Burritos (D-21A)</b> Corn Pears Milk	26 <b>WW Macaroni &amp; Cheese with Ham (D-20A)</b> Cucumbers Apples Milk	27 <b>WG Spanish Brown Rice with Ground Beef (B-17)</b> Broccoli Oranges Milk	28 <b>WW Spaghetti and Beef Casserole (D-03)</b> Side Salad Pears Milk	29 <b>WW Ham &amp; Cheese Roll-Ups (F-07)</b> Sliced Bell Peppers Oranges Milk

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.

New meal patterns starting October 1!

Lunch Meal Pattern			
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
1 oz.	1 ½ oz.	2 oz.	Meat/Alternate
1/8 C.	¼ C.	½ C.	Vegetable
1/8 C.	¼ C.	¼ C.	Fruit
½ Serving	½ Serving	1 serving	Grain

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