




DECEMBER, 2020

Bright Start Early Care And Preschool

	Monday	Tuesday	Wednesday	Thursday	Friday	Meal Type	Components	Minumum Serving Sizes			
								Ages 1-2	Ages 3-5	Ages 6-12 &13-18	
Breakfast:		1	2	3	4	Breakfast	Fluid Milk	1/2 C. (4 fl. oz.	3/4 C. (6 fl. oz.	1 C. (8 fl. oz.	
Lunch:		Milk, WG Oatmeal, Peach Bits WGR Basil Pasta, Savory Eggs , Cauliflower Casserole *, Cantaloupe, Milk	Milk, EWG Bread sticks, Mixed Berries WGR Farro Confetti, Lime Garlic Fish, Potato Salad, Pineapple, Milk	Milk, Pancake, Apple Sauce WGR Rice & Couscous, Grilled Tofu in Curry Sauce, Mushrooms & Radish Salad* Watermelon, Milk	Milk, MG Cheerios, Banana Plantain Tostones, Chana Masala, kale Salad, Watermelon, Milk		Fruit/Vegetable	1/4 C.	1/2 C.	1/2 C	
Snack:		WGR Crackers, Butternut Squash Soup*	Totilla Chips, Dal/ Red Lentil	Pretzels Stick, Chickpea Soup	Rice Cake, Cantaloupe		Meat/Alternate	1 oz	1- 1/2 C.	2 oz.	
Notes:							Grains	1/2 slice or 1/4 C.	1/2 slice or 1/4 C.	1 slice or 1/2 C Cooked	
Breakfast:	7	8	9	10 	11	Lunch/Supper	Fluid Milk	1/2 C. (4 fl. oz.	3/4 C. (6 fl. oz.	1 C. (8 fl. oz.	
Lunch:	Milk, MG Cheerios, Strawberries WGR Yellow Rice & Couscous Medley, Madras Lentil, Radish salad*, Honeydew, Milk	Milk, Belgian Waffle, Peach Sauce WGR Basil Pasta, Scramble Eggs, Creamy Spinach *, Honeydew, Milk	Milk, EWG Bread sticks, Mixed Berries WG Oszo, Fish Nuggets, Beet Salad*, Peach Bits, Milk	Milk, Pancake, Apple Sauce WGR Pasta marinara, Grilled Tofu, Lemon Sauce, Kale Salad* Cantaloupe, Milk	EWG Lasagna, Madras Lentil, Kale Salad, Apple Slice, Milk		Fruit/Vegetable	1/8 C.	1/4 C.	1/2 C.	
Snack:	Pretzels, Watermelon	Rice Cake, Sunflowerbutter	Cornbread, Vegetable Soup	WGR Crackers, Golden Corn Soup	Pretzels Sticks, Mushroom Soup		Meat/Alternate	1 oz	1- 1/2 C.	2 oz.	
Notes:							Grains	1/2 slice or 1/4 C.	1/2 slice or 1/4 C.	1 slice or 1/2 C Cooked	
Breakfast:	14	15	16	17	18	Snack- Choose 2	Fluid Milk	1/2 C. (4 fl. oz.	3/4 C. (6 fl. oz.	1 C. (8 fl. oz.	
Lunch:	Milk, MG Cheerios, Strawberries WGR Baked Macaroni & Cheese, Navy Beans, Collard Greens*, Pineapple, Milk	Milk, Belgian Waffle, Peach Sauce WG Lasagna, Grilled Tempeh in Curried sauce, Mushroom & Radish Salad*, Peach, Milk	Milk, EWG Bread sticks, Mixed Berries WGR Cilantro Rice, Grilled Fish in Tomato Sauce, Roasted Brussel Sprout, Orange rings, Milk	Milk, Pancake, Apple Sauce WGR Pasta, BBQ Tofu, Kale Salad*, Watermelon, Milk	Milk, MG Cheerios, Banana Plantain Tostones, Chana Masala, Roasted Summer Squash*, Kiwi, Milk		Fruit/Vegetable	1/2 C.	1/2 C.	3/4 C.	
Snack:	Carrot Stick, Farro Soup	WGR Crackers, Honeydew	Pretzels , Spinach Soup	Rice Cake, Cantaloupe	Greek Yogurt, Peach Bits		Meat/Alternate	1 oz	1- 1/2 C.	2 oz.	
Notes:							Grains	1/2 slice or 1/4 C.	1/2 slice or 1/4 C.	1 slice or 1/2 C Cooked	
Breakfast:	21	22	23	24	25 						
Lunch:	Milk, GM Cheerios, Banana WG Quinoa, Lentil Mushroom Ball in Cranberry Pear Sauce, Roasted Cauliflower, Apple Bits, Milk	Milk, WG Oatmeal, Peach WW Belle Rice, Stuffed Port Portabella Mushroom with Eggplant in Dahl sauce, Tatsol*& Potatoes in creamy Coconut milk, Pineapple, Milk	Milk, EWG Bread sticks, Mixed Berries WW Baked Macaroni & Cheese, Bean Casserole, , Tomato Salad*, Pear, Milk	Milk, Grits, Honeydew EWG Pasta marinara, Tofu Hoisin, Spinach*, Orange rings, Milk							
Snack:	Rice Cake, Butternut Squash	Cornbread , Apple Sauce	Rice Cake, Cantaloupe								
Notes:				CLOSED AT 1:00 PM							
Breakfast:	28	29	30	31							
Lunch:	C	L	O	S	E						
Snack:											
Notes:					Return Jan 4, 2021						

Milk served with Breakfast and Lunch. Whole milk (1-2 years) 1% milk (2 years & older)

* Local
EWG-Enriched Whole Grain
WG- Whole Grain
MG- Multigrain