



BREAKFAST FOR MARCH 2010

4116 Wheeler Ave., Alexandria, VA 22304 703-751-1286 Fax: 703-751-5031

1 1/3 c Bran Flakes 1/2 Orange 3/4 c Milk	2 Wheat French Toast Sticks (2) Syrup 1/2 c Pineapple Ring , 3/4 c Milk	3 1 Carrot Muffin 1/2 C Citrus Salad 3/4 C Milk	4 1/3 C Wheat Chex 1/2 Banana, 3/4 C Milk	5 Scr. Egg w/1 Biscuit/ Margarine 1/2 C OJ, 3/4 C Milk
8 1/2 Wheat English Muffin w/Jelly 1/2 Pear, 3/4 C Milk	9 1 Whole Wheat Pancake, 1/2 C Maple Applesauce Topping 3/4 C Milk	10 1/2 Wheat Bagel w/Cream Cheese 1/2 C Mixed Fruit, 3/4 C Milk	11 1/3 C Corn Flakes 1/2 Banana, 3/4 C Milk	12 Egg Breakfast Burrito 1/2 C OJ, 3/4 C Milk
15 1/3 C Crispex Cereal 1/2 C Apple Juice, 3/4 C Milk	16 Whole Wheat French Toast 1 sl w/Syrup 1/2 C Diced Pears 3/4 C Milk	17 1/2 Wheat Bagel w/Preserves 1/2 c OJ, 3/4 C Milk	18 1/3 C Cheerios 1/2 Banana, 3/4 C Milk	19 1 Egg Omelet Orange Wedges (2) 1 Biscuit w/Margarine, 3/4 C Milk
22 1/2 Wheat English Muffin w Margarine 1/2 c Peaches, 3/4 c Milk	23 1 Whole Wheat Pancake w/Syrup 1/2 C OJ, 3/4 C Milk	24 1 Oat Bran Muffin, 1/2 c Pineapple Juice 3/4 c Milk	25 1/3 c Rice Krispies 1/2 Banana 3/4 c Milk	26 Cheesy Scrambled Egg 1/2 c OJ, 1 Muffin 3/4 c Milk
29 1/3 C Cheerios 1/2 Banana, 3/4 C Milk	30 Wheat French Toast (1) w/Syrup 1/2 c Pineapple 3/4 C Milk	31 1/2 Wheat Bagel w Cream Cheese, 1/2 c Pears, 3/4 c Milk		

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LUNCH MENU MARCH 2010

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<p>1 ¾ c Beef Stew 1 ½ oz beef, ¼ c Carrots, Potatoes, Peas ¼ c Noodles 1 sl.French bread ½ Apple ¾ c Milk <i>V: ½ c Soy Protein Stew</i></p>	<p>2 <u>Make Your Own Joe</u> 3/8 c Turkey Sloppy Joe Enriched Whole Wheat Bun ¼ c Field Greens w Dressing ½ Pear ¾ c Milk <i>Vegetarian: ¼ c Soy Protein Joe</i></p>	<p>3 2 oz Fish Filet w/Ketchup ½ Slice Wheat Bread ¼ C Peas ½ Peach ¾ c Milk <i>Vegetarian: Same, Alt: Cheese Sandwich</i></p>	<p>4 <u>Greece</u> ½ c Lentil Stew ½ Whole Wheat Pita Bread ¼ c Green Beans ¼ c Citrus Salad ¾ c Milk <i>Vegetarian: Same</i></p>	<p>5 ½ c Macaroni & Cheese 3/8 c Cheese, ¼ c noodles 1 sl. Whole Wheat Baguette ¼ c Collards ¼ c Mixed Fruit ¾ c Milk <i>Vegetarian: Same</i></p>
<p>8 ½ c Italian Chicken 1 ½ oz Chicken, ¼ c Potatoes Enriched Roll ¼ c Citrus Carrots ½ Pear, ¾ c Milk <i>V: 3 Chicks Nuggets & 1/4c Potatoes</i></p>	<p>9 <u>Make Your Own Wrap</u> 1 ½ oz Turkey ½ Tortilla ¼ c Lettuce ¼ c Tomato Soup ¼ c Mixed Fruit ¾ c Milk <i>Vegetarian: 3 Chix Nuggets</i></p>	<p>10 ½ c Meat Lasagna 1½ oz Cheese, ¼ c Noodles, ¼ c Vegetable ¼ c Field Greens w Dressing ¼ c Sliced Pears 1 sl.French bread ¾ c Milk <i>Veg: Same</i></p>	<p>11 <u>China</u> ½ C Beef & Broccoli 1 ½ oz Beef, ¼ c Broccoli ¼ c Rice 1 wheat roll ¼ c Mandarin Oranges ¾ c Milk <i>Veg: ½ c Soy Protein & Broccoli</i></p>	<p>12 3 Fish Nuggets with Ketchup 1 Enriched Wheat Roll ¼ c Pineapple Chunks ¼ c Green Beans ¾ c Milk <i>V: same alt Cheese Sandwich</i></p>
<p>15 Chicken Nuggets 1 Whole Wheat Roll ¼ c Peaches ¾ c Milk <i>Veg: White Bean Cassoulet</i></p>	<p>16 <u>Make Your Own Taco</u> Beef Taco ¼ c Ground Beef, 1 Tbsp Cheese, ¼ c Shredded Lettuce, 1 Tortilla ½ Apple ¾ c Milk <i>Veg: ¼ c Kidney Beans</i></p>	<p>17 3 Fish Sticks ½ slice Enriched Wheat Bread ¼ c Sweet Potato ½ Banana ¾ c Milk <i>Veg: Same alt Cheese Sandwich</i></p>	<p>18 <u>USA</u> Cheeseburger/Bun ¼ c Seasoned Spinach ¼ c Pear ½ c Milk <i>Vegetarian: Veggie Burger</i></p>	<p>19 Ziti with meat sauce ¼ c Italian Beans ¼ c Cantaloupe ½ c Milk <i>Vegetarian: same</i></p>
<p>22 Vegetable Chili 2 oz protein, ¼ c Vegetables 1 corn muffin ¼ c Mixed Fruit ¾ c Milk <i>Vegetarian: Same</i></p>	<p>23 Rosemary Chicken Leg ½ Slice Enriched Bread ¼ c Broccoli ¼ c Pears ¾ c Milk <i>Vegetarian: 3 Chix Nuggets</i></p>	<p>24 ½ c Macaroni & Cheese 3/8 c Cheese, ¼ c noodles ¼ c Green Beans ½ sl Pumpernickle bread ½ Banana ¾ c Milk <i>Vegetarian: Same</i></p>	<p>25 <u>Sweden</u> 4 Swedish Meatballs ¼ c Rice ½ sl wheat bread ¼ c Tossed Greens/dressing 2 Orange Wedges ¾ c Milk <i>Veg: Hummus w/Pita Chips</i></p>	<p>26 3 oz Battered Fish Multigrain Roll ¼ c Peas ½ Apple ¾ c Milk <i>Veg: same alt Cheese Sandwich</i></p>
<p>29 Beef Potpie 1 ½ oz Beef, ¼ c Carrots & Potatoes ½ oz Biscuit Crust ¼ c Peach ¾ c Milk <i>Veg: Mac & Cheese</i></p>	<p>30 <u>Make Your Own Sub</u> 4 Meatballs 1 Tbsp Cheese Hot Dog Roll ¼ c Corn ½ Pear ¾ c Milk <i>Vegetarian: Red Beans & Rice</i></p>	<p>31 Battered Fish Fillet ½ Slice Wheat Bread ¼ c Winter Squash ½ Apple ¾ c Milk <i>Veg: Same alt Cheese Sandwich</i></p>		

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BRIGHT START SNACK MENU MARCH 2010

***Subject to Change (Any changes will be noted on your child's daily report)

8 <u>Apples</u> Ritz Crackers w/ Cheese	9 Oranges Graham Crackers	10 Banana Cheerio Mix	11 Pretzels Goldfish	12 Popcorn Graham Crackers
15 <u>Mixed Fruit</u> Goldfish	16 Apple Sauce Cheerios	17 Graham Crackers Nutrigrain Bar	18 Goldfish Chex Mix	19 Popcorn Animal Crackers
22 <u>Chex Mix</u> Goldfish	23 Animal Crackers Applesauce	24 Graham Crackers Cheerio Mix	25 Ritz Crackers w/ Cheese Chex Mix	26 Popcorn Applesauce
29 <u>Oranges</u> Graham Crackers	30 Banana Cheerio Mix	31 Apples Ritz Crackers w/ Cheese		

***Infants and Older Infants will be having Gerber Graduate Puffs in addition to the snacks that they are able to eat. If they are unable to eat what is provided, we will provide an alternate as indicated by the parenthesis.

Bright Start Contacts

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Check out our website.