



Fruits & Vegetables are Seasonal and will change accordingly  
 Please let us know if your child has any food allergies to any of the item on the menu

Low Fat 1% Unflavored Milk (3-5) and Unflavored Whole Milk (1-2y) will be served at Breakfast and Lunch. Water available at every meal.

**BRIGHT BEGINNINGS NYC**

	MONDAY 7/26	TUESDAY 7/27	WEDNESDAY 7/28	THURSDAY 7/29	FRIDAY 7/30	
L U N C H	Chicken Nuggets Mac "N" Cheese Cucumbers and Tomatoes Cantaloupe	Ground Beef w/ Black Beans Steamed Rice Broccoli/Carrots Apples	Fried Rice Baked Chicken Mixed Vegetables Bananas	Stewed Chicken Steamed Rice Carrots and String Bean Apples	Baked Ziti Garden Salad Watermelon	L U N C H

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