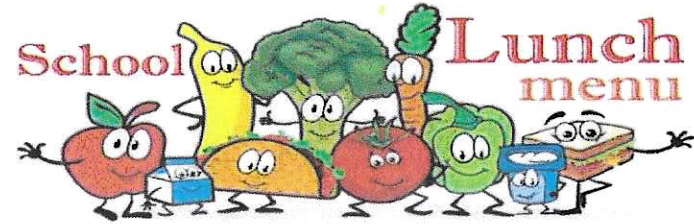


Bright Mind Preschool: December 2022

All meals are served with Water and 1% Milk
Substitution may be applied, as needed, without notice



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>28 Breakfast- Cheerios Cereal, Fresh Fruit</p> <p>AM Snack- Goldfish</p> <p>Lunch- Chicken Nuggets, Broccoli, Fresh Fruit, Whole Wheat Roll</p> <p>PM Snack- Nutrigrian Bar</p>	<p>29 Breakfast-French Toast/ Syrup, Fresh Fruit</p> <p>AM Snack- Yogurt, Fruit</p> <p>Lunch- Shepard's Pie, Fresh Fruit, Whole Wheat Roll</p> <p>PM Snack- Apple Slices, Cheese Cubes</p>	<p>30 Breakfast- Egg Patty, Toast, Fresh Fruit</p> <p>AM Snack- Chewy Bar</p> <p>Lunch- Corn Dogs, Peas, Fresh Fruit</p> <p>PM Snack: Trail Mix</p>	<p>1 Breakfast- Oatmeal, Fresh Fruit</p> <p>AM Snack- Wheat Thins, Orange Slices</p> <p>Lunch- Teriyaki Chicken, Rice, Corn, Fresh Fruit</p> <p>PM Snack- Honey Oat Bar</p>	<p>2 Breakfast- Cereal, Fresh Fruit</p> <p>AM Snack- Veggie Straws</p> <p>Lunch: Pizza w/Cheese Topping, Salad, Fresh Fruit</p> <p>PM Snacks- Choc. Chip Muffins</p>
<p>5 Breakfast-Cheerios, Fresh Fruit</p> <p>AM Snack- Carrots & Dried Fruit</p> <p>Lunch- Fish Sticks, Green Beans, Fresh Fruit, Whole Wheat Roll</p> <p>PM Snack- Animal Crackers</p>	<p>6 Breakfast- Bagel/Cream Cheese, Fresh Fruit</p> <p>AM Snack- Fruit Salad, Ritz Crackers</p> <p>Lunch- Turkey & Cheese Roll Up, Broccoli, Fresh Fruit</p> <p>PM Snack- Apple Cinnamon Straws</p>	<p>7 Breakfast- Pancakes/ Syrup, Fresh Fruit</p> <p>AM Snack- Trail Mix</p> <p>Lunch- Cheese Quesadilla, Mixed Vegetables, Fresh Fruit</p> <p>PM Snack- Fig Bar</p>	<p>8 Breakfast- Breakfast Burrito, Fresh Fruit</p> <p>AM Snack- Blueberry Muffin</p> <p>Lunch- BBQ Chicken, Potatoes, Corn, Fresh Fruit</p> <p>PM Snack- Fresh Sliced Watermelon</p>	<p>9 Breakfast – Cereal, Fresh Fruit</p> <p>AM Snack- Salsa & Chips</p> <p>Lunch- Pizza w/Cheese Topping, Salad, Fresh Fruit</p> <p>PM Snack- Apple Cinnamon Straws</p>
<p>12 Breakfast-Cereal, Fresh Fruit</p> <p>AM Snack- Orange Slices, Wheat Thins</p> <p>Lunch-Chicken Patty/Bun, Green Beans, Fresh Fruit</p> <p>PM Snack- Fruit Salad</p>	<p>13 Breakfast- Waffles/Lite Syrup, Fresh Fruit</p> <p>AM Snack- Apple Slices, Club Crackers</p> <p>Lunch- Beef Sliders, Tots, Broccoli, Fresh Fruit</p> <p>PM Snack- Goldfish</p>	<p>14 Breakfast-Oatmeal, Fresh Fruit</p> <p>AM Snack- Nutrigrain Bar</p> <p>Lunch- Chicken Fried Rice, Mixed Vegetables, Fresh Fruit</p> <p>PM Snack-Cheese Its</p>	<p>15 Breakfast- Whole Wheat Toast/Jelly, Fresh Fruit</p> <p>AM Snack- Graham Crackers</p> <p>Lunch- Hot Dog/ Bun, Peas, Fresh Fruit</p> <p>PM Snack- Pirate Botties</p>	<p>16 Breakfast- - Cereal, Fresh Fruit</p> <p>AM Snack- Fig Bar</p> <p>Lunch- Pizza, Salad, Fresh Fruit</p> <p>PM Snack- Trail Mix</p>
<p>19 Breakfast-Cereal, Fresh Fruit</p> <p>AM Snack- Animal Crackers</p> <p>Lunch- Chicken Taquitos, Mixed Veggies, Fresh Fruit</p> <p>PM Snack-Go-Gurt, Club Crackers</p>	<p>20 Breakfast- Pancakes, Fresh Fruit</p> <p>AM Snack- Mini Pretzels</p> <p>Lunch- Ham & Cheese Sandwich, Chips, Broccoli, Fresh Fruit</p> <p>PM Snack- Orange Slices, Crackers</p>	<p>21 Breakfast- Eggs, Fresh Fruit</p> <p>AM Snack- Holiday Snack</p> <p>Lunch- Pizza w/ Cheese Topping, Salad, Fresh Fruit</p> <p>PM Snack- Holiday Snack</p>	<p>22 CLOSED</p> <p>WINTER BREAK 12/22/2022-01/2/2023</p>	<p>23 CLOSED</p> <p>WINTER BREAK 12/22/2022-01/2/2023</p>