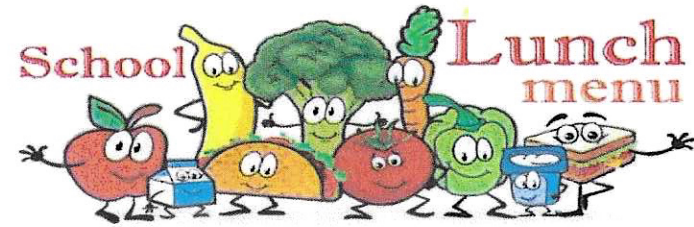


Bright Mind Preschool: January 2023

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Breakfast- Cheerios Cereal, Fresh Fruit AM Snack- Goldfish Lunch- Chicken Patty/Bun, Peas, Fresh Fruit PM Snack- Fig Bar	3 Breakfast- Pancakes, Fresh Fruit AM Snack- Apple Slices, Crackers Lunch- Beef Slider, Green Beans, Fresh Fruit PM Snack- Trail Mix	4 Breakfast- Oatmeal, Fresh Fruit AM Snack- Fresh Sliced Watermelon Lunch- Orange Chicken, Corn, Rice, Fresh Fruit PM Snack: Apple Cinnamon Straws	5 Breakfast- Bagel/Cream Cheese, Fresh Fruit AM Snack- Pirate Booties Lunch-Hot Dog/ Bun, Mixed Veggies, Fresh Fruit PM Snack- Cheese itz	6 Breakfast- Cereal, Fresh Fruit AM Snack- Orange Slices, Wheat Thins Lunch: Pizza w/Cheese Topping, Salad, Fresh Fruit PM Snacks- Chewy Bar
9 Breakfast-Cheerios, Fresh Fruit AM Snack- Carrots & Dried Fruit Lunch- Ham & Cheese Sandwich, Chips, Mixed Veggies, Fresh Fruit PM Snack- Animal Crackers	10 Breakfast- Whole Wheat Toast/Jelly, Fresh Fruit AM Snack- Graham Crackers Lunch-Cheese Quesadilla, Corn, Fresh Fruit PM Snack- Apple Cinnamon Straws	11 Breakfast- French Toast/ Syrup, Fresh Fruit AM Snack- Choc. Chip Muffin Lunch- Meatloaf, roasted Potatoes, Broccoli, Fresh Fruit PM Snack- Fig Bar	12 Breakfast- Egg Patty, Fresh Fruit AM Snack- Blueberry Muffin Lunch- Fish Sticks, Pea, Fresh Fruit, Whole Wheat Roll PM Snack- Go-Gurt, Club Crackers	13 Breakfast – Cereal, Fresh Fruit AM Snack- Salsa & Chips Lunch- Pizza w/Cheese Topping, Salad, Fresh Fruit PM Snack- Apple Cinnamon Straws
16 CLOSED	17 Breakfast-Cereal, Fresh Fruit AM Snack- Apple Slices, Club Crackers Lunch- Chicken Taquito, Mixed Veggies, Fresh Fruit PM Snack- Veggie Straws	18 Breakfast-English Muffin/ Jelly, Fresh Fruit AM Snack- Nutrigrain Bar Lunch- Corn Dogs, Peas, Fresh Fruit PM Snack-Cheese Its	19 Breakfast- Breakfast Burrito, Fresh Fruit AM Snack- Danimal Smoothie, Ritz Crackers Lunch- Chicken Noodle Soup, Mixed Veggies, Fresh Fruit PM Snack- Graham Crackers	20 Breakfast- - Cereal, Fresh Fruit AM Snack- Fig Bar Lunch- Pizza, Salad, Fresh Fruit PM Snack- Trail Mix
23 Breakfast-Cereal, Fresh Fruit AM Snack- Goldfish Lunch- Teriyaki Chicken Rice, Corn, Fresh Fruit PM Snack-Go-Gurt, Club Crackers	24 Breakfast- Pancakes, Fresh Fruit AM Snack- Mini Pretzels Lunch- Turkey & Cheese Roll up, Broccoli, Fresh Fruit PM Snack- Orange Slices, Crackers	25 Breakfast- Waffles/Syrup, Fresh Fruit AM Snack- Cucumbers, Dried Fruit Lunch- BBQ Pulled Pork/Bun, Sweet potato Fries, Fresh Fruit PM Snack- Honey Oat Bar	26 Breakfast- Whole Wheat Toast/Jelly, Fresh Fruit AM Snack-Blueberry Muffin Lunch- Chicken Fried Rice with Veggie, Fresh Fruit PM Snack- Trail Mix	27 Breakfast- Cereal, Fresh Fruit AM Snack-Pirate Booties Lunch- Pizza w/ Cheese Toppings, Salad, Fresh Fruit PM Snack- Applesauce Cups, Ritz Crackers