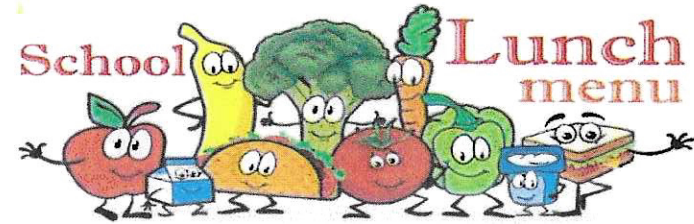


Bright Mind Preschool: October 2022

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



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
| 3 Breakfast-Cereal, Fresh Fruit AM Snack- Animal Crackers Lunch- Chicken Taco, Peas, Fruit Salad PM Snack- Cucumbers, Ranch | 4 Breakfast- English Muffin/Jelly, Fresh Fruit AM Snack- Fruit Salad Lunch-Chicken Noodle soup, Mixed veggies, Whole Wheat Roll PM Snack- Pirate Booties | 5 Breakfast-Pancakes/light syrup, Fresh Fruit AM Snack- Orange Slices, Ritz Crackers Lunch- Fish Sticks, Peas, Whole Wheat Roll, Fresh Fruit PM Snack: Goldfish | 6 Breakfast- Yogurt, Fresh Fruit AM Snack- Fresh Sliced Watermelon Lunch- Beef Taco Bowl, Fresh Fruit PM Snack- Chocolate Hummus, Pretzel Sticks | 7 Breakfast-Cereal, Fresh Fruit AM Snack- Muffins Lunch: Pizza w/Cheese Topping, Salad, Fresh Fruit PM Snacks: Trail Mix |
| 10 CLOSED | 11 Breakfast- Cereal, Fresh Fruit AM Snack- Graham Crackers Lunch- Chicken Strips, Green Beans, Fresh Fruit, Whole Wheat Roll PM Snack- Chocolate Chip Muffins | 12 Breakfast- Toast/Jelly, Fresh Fruit AM Snack-Cheese Its Lunch- BBQ Chicken, Potatoes, Corn, Fresh fruit PM Snack- Orange Slices, Club Crackers | 13 Breakfast-Waffles/syrup, Fresh Fruit AM Snack- Pumpkin Spice Trail Mix Lunch-Turkey & Cheese Roll ups, Peas, Fresh Fruit PM Snack- Chewy Bar | 14 Breakfast – Cereal, Fresh Fruit AM Snack- Applesauce Cups Lunch- Pizza w/Cheese Topping, Salad, Fresh Fruit PM Snack- NutriGrain Bar |
| 17 Breakfast-Cereal, Fresh Fruit AM Snack-Chex Mix Lunch-Pigs-in-a Blanket, Mixed Veggies, Fresh Fruit PM Snack- Salsa & Chips | 18 Breakfast-Yogurt, Fresh Fruit AM Snack- Veggie Straws Lunch-Honey Chicken Nuggets, Broccoli, Fresh Fruit, Whole Wheat Roll PM Snack- Yogurt, Fresh Fruit | 19 Breakfast- Cereal, Fresh Fruit AM Snack-Trail Mix Lunch- Chicken Fried Rice/ Veggies, Fresh Fruit PM Snack- Wheat Thins, Apple Slices | 20 Breakfast-Bagel/Cream Cheese, Fresh Fruit AM Snack- Veggie Straws Lunch- Green beans, Fresh Fruit PM Snack- Goldfish | 21 Breakfast- - Cereal, Fresh Fruit AM Snack- Animal Crackers Lunch- Pizza w/Cheese Topping, Salad, Fresh Fruit PM Snack- Apple Cinnamon Straws |
| 24 Breakfast-Cereal, Fresh Fruit AM Snack- Goldfish Lunch- Mac & Cheese, Pea, Fresh Fruit PM Snack-Honey Oat Bar | 25 Breakfast- Cinnamon Raisin Toast, Fresh Fruit AM Snack- Cheese Cubes, Apple Slices Lunch-Grilled Chicken Sandwich, Broccoli, Fresh Fruit PM Snack- Graham Crackers | 26 Breakfast- Egg Patty, Fresh Fruit AM Snack- Pumpkin Muffin Lunch-Chicken Taquitos, Corn, Fresh Fruit PM Snack- Pirate Booties | 27 Breakfast-Oatmeal, Fresh Fruit AM Snack- Applesauce Cup, Club Crackers Lunch- Sliders, Tots, Mixed Veggies, Fresh Fruit PM Snack- Danimal Smoothie, Club Crackers | 28 Breakfast- - Cereal, Fresh Fruit AM Snack- Dried Fruit, Ritz Crackers Lunch- Pizza w/Cheese Topping, Salad, Fresh Fruit PM Snack- Chewy Bar |