

Bright Mind Preschool

Sample Menu

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Breakfast-Cereal, Fresh Fruit AM Snack- Animals Crackers Lunch-Chicken Terriyaki, Rice, Veggies, Fresh Fruit PM Snack-Pirate Booty	2 Breakfast- Bagels w/Cream Cheese, Fresh Fruit AM Snack- Graham Crackers Lunch Macaroni and Cheese, Peas, Fresh Fruit PM Snack- Party Mix	3 Breakfast- Yogurt, Granola, Fresh Fruit AM Snack- Bell Vita Cookies Lunch- Corn Dog, Peas, Fresh Fruit PM Snack-Mini Muffins	4 Breakfast- English Muffin, Fresh Fruit AM Snack- Fig Bar Lunch-Pasta, Peas, Fresh Fruit PM Snack- Goldfish	5 Breakfast- Cereal, Fresh Fruit AM Snack-Graham Crackers Lunch-Cheese Pizza, Salad, Fresh Fruit PM Snack-Party Mix
8 Breakfast- Cereal, Fresh Fruit AM Snack- Nutrigrain Bar Lunch- Chicken Nuggets, Broccoli, Fresh Fruit PM Snack-Apple Straws	9 Breakfast-Pancakes, Fresh Fruit AM Snack-Go-Gurt, Crackers Lunch- Cheese Quesadilla, Veggies, Fresh Fruit PM Snack- Pretzels, Hummus	10 Breakfast- English Muffin, Fresh Fruit AM Snack- Fig Bar Lunch-Pasta, Peas, Fresh Fruit PM Snack- Goldfish	11 Breakfast French Toast, Fresh Fruit - AM Snack- Pajama Day Snack Lunch- Grilled Cheese, Chicken Noodle Soup, Fresh Fruit PM Snack- Apple Straws	12 Breakfast- Cereal, Fresh Fruit AM Snack-Graham Crackers Lunch- Cheese Pizza, Corn, Fresh Fruit PM Snack: Chips and Salsa
15 Breakfast- Cereal, Fresh Fruit AM Snack- Nutrigrain Bar Lunch-Orange Chicken, Rice, Veggies, Fresh Fruit PM Snack- Crackers and Cheese	16 Breakfast-Pancakes, Fresh Fruit AM Snack- Honey Oat Bar Lunch- Turkey Sandwich, Chips, Fresh Fruit PM Snack- Cheez-Its	17 Breakfast- English Muffin, Fresh Fruit AM Snack- Fig Bar Lunch-Pasta, Peas, Fresh Fruit PM Snack- Goldfish	18 Breakfast- French Toast, Fresh Fruit AM Snack- Nutrigrain Bar Lunch- Corn Dog, Peas, Fresh Fruit PM Snack- Pirate Booty	19 Breakfast- Cereal, Fresh Fruit AM Snack-Graham Crackers Lunch-Cheese Pizza, Salad, Fresh Fruit PM Snack-Party Mix
22 Breakfast-Cereal, Fresh Fruit AM Snack- Vanilla Wafers Lunch- Chicken Terriyaki, Rice, Veggies, Fresh Fruit PM Snack- Cheez-Its	23 Breakfast-Pancakes, Fresh Fruit AM Snack- Graham Crackers Lunch-Chicken Taquito, Mixed Veg, Fresh Fruit PM Snack- Cheez-Its	24 Breakfast- Cinnamon Raisin Toast, Fresh Fruit AM Snack- Animal Crackers Lunch-Hot Dog, Chips, Fresh Fruit PM Snack- Mini Muffins	25 Breakfast- English Muffin w/Jelly, Fresh Fruit AM Snack- Honey Oat Bar Lunch-Ravioli, Veggies, Fresh Fruit PM Snack- Pretzels and Hummus	26 Breakfast- Cereal, Fresh Fruit AM Snack- Vanilla Wafers Lunch-Cheese Pizza, Corn, Fresh Fruit PM Snack-Veggie Straws
29 Breakfast- Cereal, Fresh Fruit AM Snack- Nutrigrain Bar Lunch- Chicken Nuggets, Broccoli, Fresh Fruit PM Snack-Apple Straws	30 Breakfast-Pancakes, Fresh Fruit AM Snack-Go-Gurt, Crackers Lunch- Cheese Quesadilla, Veggies, Fresh Fruit PM Snack- Pretzels, Hummus	31 Breakfast- Cinnamon Raisin Toast, Fresh Fruit AM Snack- Animal Crackers Lunch- Turkey Sandwich, Chips, Fresh Fruit PM Snack- Mini Muffins	30 Breakfast-French Toast, Fresh Fruit AM Snack- Graham Crackers Lunch-Chicken Terriyaki, Rice, Veggies, Fresh Fruit PM Snack-Pirate Booty	31 Breakfast- Cinnamon Raisin Toast, Fresh Fruit AM Snack- Animal Crackers Lunch Cheese Pizza, Corn, Fresh Fruit PM Snack- Mini Muffins