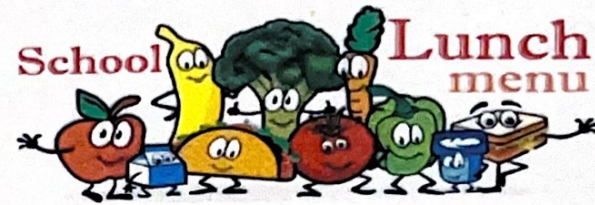


Bright Mind Preschool: September 2022

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 CLOSED	6 Breakfast-Pancakes/Syrup, Fresh Fruit AM Snack- Orange Slices, Ritz Crackers Lunch- Chicken Nuggets, Fresh Fries, Mixed Veggies, Fresh Fruit PM Snack- Goldfish	7 Breakfast- Whole Wheat Toast,/Jelly Fresh Fruit AM Snack-Apple Slices, Cheese Cubes Lunch- Hot Dog/ Bun, Peas, Fresh Fruit PM Snack – Blueberry Muffins	8 Breakfast- French Toast, Fresh Fruit AM Snack- Go- Gurt, Crackers Lunch- Fish Sticks, Peas, Fresh Fruit, Whole Wheat Roll PM Snack-Apple Chips	9 Breakfast- Cereal, Fresh Fruit AM Snack- Animal Crackers Lunch- Pizza w/ Cheese Topping, Salad, Fresh Fruit PM Snack- Orange Slices, Crackers
12 Breakfast-Cereal, Fresh Fruit AM Snack- Cucumbers & Dried Fruit Lunch-Cheese Quesadilla, Salad, Fresh Fruit PM Snack- Fruit Salad Crackers	13 Breakfast- Waffles/syrup, Fresh Fruit AM Snack- Fresh Sliced Watermelon Lunch- Turkey & Cheese Sandwich, Chips, Broccoli, Fresh Fruit PM Snack- Apple Cinnamon Straws	14 Breakfast- Bagel/Cream Cheese, Fresh Fruit AM Snack- Nutrigrain Bar Lunch- Cheese Quesadilla, Mixed Vegetables, Fresh Fruit PM Snack- Graham Crackers	15 Breakfast-Yogurt, Fresh Fruit AM Snack- Mini pretzels Lunch- Beef Sliders, French Fries, Green Beans, Fresh Fruit PM Snack- Fruit Salad, Crackers	16 Breakfast – Cereal, Fresh Fruit AM Snack- Cucumbers, Dried Fruit Lunch- Pizza w/Cheese Topping, Salad, Fresh Fruit PM Snack- Honey Oat Bar
19 Breakfast-Cereal, Fresh Fruit AM Snack- Honey Oat Bar Lunch- Teriyaki Chicken, Rice, Corn, Fresh Fruit PM Snack- Applesauce Cups	20 Breakfast-French Toast, Fresh Fruit AM Snack-Chewy Bar Lunch- Grilled Ham & Cheese, Peas, Fresh Fruit PM Snack- Yogurt, Fresh Fruit	21 Breakfast- Oatmeal, Fresh Fruit AM Snack- String B=Cheese, Club Crackers Lunch- Chicken Patty/Bun, Mixed Veggies, Fresh Fruit PM Snack- Wheat Thins, Apple Slices	22 Breakfast-Waffles/Syrup, Fresh Fruit AM Snack- Animal Crackers Lunch- Meatballs, Rice, Green Beans, Fresh Fruit PM Snack- Trail Mix	23 Breakfast- Cereal, Fresh Fruit AM Snack-Chex Mix Lunch-Pizza w/ Cheese Topping, Salad, Fresh Fruit PM Snack-Nutrigrain Bar
26 Breakfast- Cereal, Fresh Fruit AM Snack- Mini Pretzels Lunch- Pasta/Sauce, Broccoli, Fresh Fruit PM Snack- Carrot Sticks, Ranch Dressing	27 Breakfast- Sausage & Eggs, Fresh Fruit AM Snack-Chewy Bar Lunch- Pasta/Sauce, Mixed Veggies, Fresh Fruit PM Snack- Orange Slices, Crackers	28 Breakfast- Cereal, Fresh Fruit AM Snack- String Cheese, Crackers Lunch- Popcorn Chicken, Broccoli, Fresh Fruit PM Snack-Chewy Bar	29 Breakfast- English Muffin/ Jelly, Fresh Fruit AM Snack- Applesauce Cups, Club Crackers Lunch- Corn Dog, Peas, Fresh Fruit PM Snack-Graham Crackers	30 Breakfast- Cereal, Fresh Fruit AM Snack- Trail Mix Lunch- Pizza w/Cheese Topping, Salad, Fresh Fruit PM Snack- Fruit Salad, Crackers