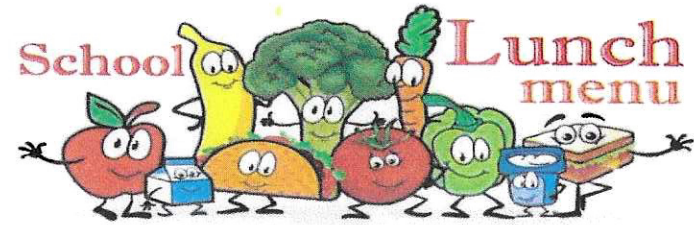


Bright Mind Preschool: March 2023

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- Cucumbers, Dried Fruit Lunch- BBQ Pulled Pork/Bun, Sweet Potato Fries, Fresh Fruit PM Snack: Choc. Hummus, Pretzels	2 Breakfast- Wheat Toast/Jelly, Fresh Fruit AM Snack- Cheese Itz Lunch- Chicken Noodle Soup, Mixed Veggies, Fresh Fruit, Wheat Roll PM Snack- Honey Oat Bar	3 Breakfast- Cereal, Fresh Fruit AM Snack- Fruit Salad, Crackers Lunch: Pizza w/Cheese Topping, Salad, Fresh Fruit PM Snack-Chewy Bar
6 Breakfast-Cheerios, Fresh Fruit AM Snack- Goldfish Lunch- Fish sticks, Corn, Whole Wheat Roll, Fresh Fruit PM Snack-	7 Breakfast- Waffles, Fresh Fruit AM Snack- Choc. Chip Muffins Lunch- Grilled Cheese, Broccoli, Fresh Fruit PM Snack- Pirate Booties	8 Breakfast- Yogurt, Fresh Fruit AM Snack- Nutrigrain Bar Lunch- Cheese Quesadilla, Mixed Vegetables, Fresh Fruit PM Snack- Veggie Straws	9 Breakfast-Oatmeal, Fresh Fruit AM Snack- Carrots & Ranch Lunch- Beef Sliders, French Fries, Broccoli, Fresh Fruit PM Snack- Apple Slices, Cubed Cheese	10 Breakfast – Cereal, Fresh Fruit AM Snack- Trail Mix Lunch- Pizza w/Cheese Topping, Salad, Fresh Fruit PM Snack- Fruit Salad, Crackers
14 Breakfast-Cereal, Fresh Fruit AM Snack- Honey Oat Bar Lunch-Pasta w/sauce, Broccoli, Fresh Fruit PM Snack- Pirate Booties	15 Breakfast-French Toast w/Lite Syrup, Fresh Fruit AM Snack- Apple Cinnamon Straws Lunch- Chicken Patty/ Bun, Corn, Fresh Fruit PM Snack- Yogurt/Granola	16 Breakfast-Bagel, Cream Cheese, Fresh Fruit AM Snack- Go-Gurt, Crackers Lunch- Turkey & Cheese Sandwich, Chips, Mixed Veggies, Fresh Fruit PM Snack-Blueberry Muffins	17 Breakfast-Pancakes, Fresh Fruit AM Snack- Graham Crackers Lunch- Teriyaki Chicken, Rice, Green Beans, Fresh Fruit PM Snack- Trail Mix	18 Breakfast- Cereal, Fresh Fruit AM Snack- Veggie Straws Lunch- Pizza, Salad, Fresh Fruit PM Snack- Fruit Salad, Crackers
20 Breakfast- Cereal, Fresh Fruit AM Snack- Mini Pretzels Lunch- Chicken Alfredo, Mixed Veggies, Fresh Fruit PM Snack- Graham Crackers	21 Breakfast- Egg Patty, Fresh Fruit AM Snack-Chewy Bar Lunch- Corn Dog, Peas, Fresh Fruit PM Snack-Orange Slices, Crackers	22 Breakfast- Oatmeal, Fresh Fruit AM Snack- Nutrigrain Bar Lunch-Chicken Nuggets, Corn, Fresh Fruit, Whole Wheat Roll PM Snack-Dried Fruit, Carrots	23 Breakfast-English Muffin, Fresh Fruit AM Snack- Applesauce Cups, Ritz Crackers Lunch- Shepherd’s Pie, Fresh Fruit, Whole Wheat Roll PM Snack-Cheese Its	24 Breakfast- Cereal, Fresh Fruit AM Snack- Animal Crackers Lunch- Pizza w/Cheese Topping, Salad, Fresh Fruit PM Snack- Trail Mix
27 Breakfast- Cereal, Fresh Fruit AM Snack-Animal Crackers Lunch- Hot Dog/Bun, Peas, Fresh Fruit PM Snack- Nutrigrain Bar	28 Breakfast- Wheat Toast, Fresh Fruit AM Snack- Goldfish Lunch- Orange Chicken, Rice, Corn, Fresh Fruit PM Snack- Fruit Salad, Crackers	29 Breakfast- Cereal, Fresh Fruit AM Snack-Danimal Smoothie, Crackers Lunch- Beef Taco, Salad, Fresh Fruit PM Snack- Chex Mix	30 Breakfast-French Toast, Fresh Fruit AM Snack- Banana Chips Lunch- Chicken Fried Rice, Mixed Veggies, Fresh Fruit	31 Breakfast-Cereal, Fresh Fruit AM Snack-Trail Mix Lunch- Pizza w/ Cheese Topping, Salad, Fresh Fruit