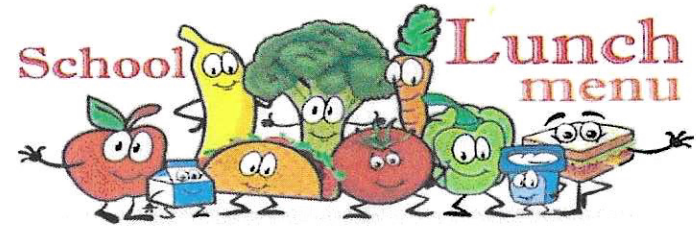


Bright Mind Preschool: November 2022

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>31 Breakfast-Cereal, Fresh Fruit</p> <p>AM Snack- Spooky Snack</p> <p>Lunch- Mummy Wrapped Dogs, Peas, Fresh Fruit</p> <p>TRUNK OR TREAT SNACK</p>	<p>1 Breakfast-Waffles/Syrup, Fresh Fruit</p> <p>AM Snack- Chex Mix</p> <p>Lunch- Orange Chicken, Rice, Green beans, Fresh Fruit</p> <p>PM Snack- Fruit Salad</p>	<p>2 Breakfast-Cereal, Fresh Fruit</p> <p>AM Snack- Go-Gurt, Ritz Crackers</p> <p>Lunch- Beef Sliders, Broccoli, Fresh Fruit</p> <p>PM Snack: Pirate Booties</p>	<p>3 Breakfast- French Toast/ Syrup, Fresh Fruit</p> <p>AM Snack- Carrots & Dried Fruit</p> <p>Lunch- Turkey & Cheese Roll Up, Mixed Veggies, Fresh Fruit</p> <p>PM Snack- Apple Slices, Club Crackers</p>	<p>4 Breakfast-Cereal, Fresh Fruit</p> <p>AM Snack- Veggie Straws</p> <p>Lunch: Pizza w/Cheese Topping, Salad, Fresh Fruit</p> <p>PM Snacks: Nutrigrain Bar</p>
<p>7 CLOSED</p>	<p>8 Breakfast- Bagel/ Cream Cheese, Fresh Fruit</p> <p>AM Snack- Cucumbers & Ranch</p> <p>Lunch- BBQ Pulled Pork/ Bun, Corn, Fresh Fruit</p> <p>PM Snack- Pumpkin Spice Muffins</p>	<p>9 Breakfast- English Muffin/Jelly, Fresh Fruit</p> <p>AM Snack-Orange Slices, Ritz Crackers</p> <p>Lunch- Grilled Cheese, Tomato Soup, Mixed Veggies, Fresh Fruit</p> <p>PM Snack- Animal Crackers</p>	<p>10 Breakfast-Cereal, Fresh Fruit</p> <p>AM Snack- Fresh Sliced Watermelon</p> <p>Lunch-Pizza w/Cheese Topping, Salad, Fresh Fruit</p> <p>PM Snack- Danimal Smoothie, Club Crackers</p>	<p>11 CLOSED</p>
<p>14 Breakfast-Cereal, Fresh Fruit</p> <p>AM Snack-Wheat Thins, Fruit Salad</p> <p>Lunch- Chicken Pot Stickers, Rice, Peas, Fresh fruit</p> <p>PM Snack- Nutrigrain Bar</p>	<p>15 Breakfast-Pancakes/syrup, Fresh Fruit</p> <p>AM Snack- Apple Cinnamon Straws</p> <p>Lunch-Ham and Cheese sandwich, Chips, Broccoli, Fresh Fruit</p> <p>PM Snack- Yogurt & Fresh Fruit</p>	<p>16 Breakfast- Cereal, Fresh Fruit</p> <p>AM Snack-Trail Mix</p> <p>Lunch- Chicken Alfredo, Broccoli, Fresh Fruit</p> <p>PM Snack- Fruit Salad</p>	<p>17 Breakfast-Cinnamon Rain Toast, Fresh Fruit</p> <p>AM Snack- Mini Pretzels</p> <p>Lunch- Beef Enchiladas, Mixed Veggies, Fresh Fruit</p> <p>PM Snack- Fig Bar</p>	<p>18 Breakfast- - Cereal, Fresh Fruit</p> <p>AM Snack- Animal Crackers</p> <p>Lunch- Pizza w/Cheese Topping, Salad, Fresh Fruit</p> <p>PM Snack- Applesauce Cups, Crackers</p>
<p>21 Breakfast-Cereal, Fresh Fruit</p> <p>AM Snack- Goldfish</p> <p>Lunch- Fish Sticks, French Fries, Peas, Fresh Fruit</p> <p>PM Snack-Honey Oat Bar</p>	<p>22 Breakfast- Oatmeal, Fresh Fruit</p> <p>AM Snack- Cheese Cubes, Apple Slices</p> <p>Lunch-Thanksgiving Turkey Sandwiches, Cranberry sauce, roasted carrots, Fresh Fruit</p> <p>PM Snack- Thanksgiving Snack</p>	<p>23 CLOSED</p>	<p>24 CLOSED</p>	<p>25 CLOSED</p>