


# BRIGHT BEGINNINGS CHILD DEVELOPMENT CENTER MONTHLY MENU

2022 JULY  
CALENDAR YEAR CALENDAR MONTH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	01	02
Breakfast					WG Cheerios®, Bananas, Milk	
Lunch					Pizza, Pineapple, Salad, Milk	
Snack					WW Graham Crackers, Watermelon	
03	04	05	06	07	08	09
Breakfast	SCHOOL CLOSED - SUMMER BREAK	SCHOOL CLOSED - SUMMER BREAK	SCHOOL CLOSED - SUMMER BREAK	SCHOOL CLOSED - SUMMER BREAK	SCHOOL CLOSED - SUMMER BREAK	
Lunch						
Snack						
10	11	12	13	14	15	16
Breakfast	Waffles, Peaches, Milk	Cinnamon Toast on WW Bread, Apple Sauce, Milk	Cheese Toast on WW Bread, Raisins, Milk	WG Blueberry Muffin, Orange slices, Milk	WG Cheerios®, Bananas, Milk	
Lunch	Chicken w/ Rice, Sweet Peas, Mixed Fruit, WW Bread, Milk	Meatballs w/ Noodles, Broccoli, Corn, WW Bread, Milk	Mac & Cheese, Mixed Vegetables, Pears, WW Bread, Animal Crackers, Grape Juice	Corn Dogs, Lima Beans, Mixed fruit, Milk	Fish Sticks, Broccoli, Diced Potatoes, Milk	
Snack	Apple Slices, Cheez-Its	Trail Mix, Orange Juice		WW Crackers w/ Cheese	WW Graham Crackers, Orange Juice	
17	18	19	20	21	22	23
Breakfast	WG Blueberry Muffin, Peaches, Milk	Cheese Toast on WW Bread, Diced Pears, Milk	Waffles, Peaches, Milk	Cinnamon Toast on WW Bread, Apple Sauce, Milk	WG Cheerios®, Bananas, Milk	
Lunch	Spaghetti & Meatballs, Green Beans, Oranges, WW Bread, Goldfish crackers, Apple Juice	Turkey & Cheese/ WW Bread, French Fries, Peas, Milk	Beans & Franks, Pineapple, Salad, WW Bread, Milk	Chicken Nuggets, Sweet Peas, Diced Carrots, Milk	Pizza, Pineapple, Salad, Milk	
Snack		Trail Mix, Grape Juice	Carrots, Corn Chips	Apple slices, Cheeze-Its	WW Graham Crackers, Apple Juice	
24	25	26	27	28	29	30
Breakfast	French Toast Sticks, Orange slices, Milk	Cinnamon Toast on WW Bread, Diced Pears, Milk	Pancakes, Apple Sauce, Milk	Toast on WW Bread, Peaches, Milk	WG Cheerios®, Bananas, Milk	
Lunch	Corn Dogs, Lima Beans, Mixed fruit, Milk	Chicken w/ Rice, Green Beans, Peaches, WW Bread, Milk	Meatballs w/ Noodles, Baked Apples, Broccoli, WW Bread, Apple Slices, Cheez-Its	Mac & Cheese, Pears, Mixed Vegetables, WW Bread, Milk	Fish Sticks, Peas, Diced Potatoes, Milk	
Snack	WW Crackers w/ Cheese	Trail Mix, Apple Juice		Carrots, Corn Chips	WW Graham Crackers, Orange Juice	
31	01	02	03	04	05	06
Breakfast						
Lunch						
Snack						

The following substitutes are made available due to food allergies/religious reasons: Meat substitute - cheese or double portion of listed vegetable or fruit. Pork/Beef/Fish substitute - Chicken nuggets; WG Oatmeal - WG Cheerios®; WW = Whole Wheat; WG = Whole Grain; Unflavored Whole Milk is served to children ages 12-23 months; Unflavored 1% Milk is served to children ages 2-5.