

BRIGHT BEGINNINGS CHILD DEVELOPMENT CENTER MONTHLY MENU

2023 **JANUARY**

CALENDAR YEAR CALENDAR MONTH

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