

# BRIGHT BEGINNINGS CHILD DEVELOPMENT CENTER MONTHLY MENU

**2023** **AUGUST**  
CALENDAR YEAR CALENDAR MONTH

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