



Brighten Academy Kinder-Prep Preschool

Preschool Menu - Week of October 3rd, 2022

	<u>EARLY SNACK</u> 7:00 AM - 7:45 AM	<u>MORNING SNACK</u> 9:00 AM - 9:15 AM	<u>LUNCH</u> 11:45 AM - 12:00 PM	<u>AFTERNOON SNACK</u> 4:00 PM - 4:15 PM
MONDAY	$\frac{1}{2}$ cup Cheerios $\frac{1}{2}$ cup Milk	$\frac{1}{2}$ Wheat Toast w/butter $\frac{1}{2}$ cup Water	Nachos w/Cheese Sauce $\frac{1}{2}$ cup Green Beans $\frac{1}{2}$ cup Mandarin Oranges $\frac{1}{2}$ cup Milk	$\frac{1}{2}$ cup Pretzels $\frac{1}{2}$ cup Water
TUESDAY	$\frac{1}{2}$ cup Cheerios $\frac{1}{2}$ cup Milk	Strawberry Go-Gurt $\frac{1}{2}$ cup Water	Meatballs $\frac{1}{2}$ cup Corn $\frac{1}{2}$ cup Applesauce $\frac{1}{2}$ cup Milk	$\frac{1}{2}$ cup Cheese Cubes $\frac{1}{2}$ cup Water
WEDNESDAY	$\frac{1}{2}$ cup Cheerios $\frac{1}{2}$ cup Milk	Blueberry Muffin $\frac{1}{2}$ cup Water	Chicken Ramen Noodles $\frac{1}{2}$ cup Carrots $\frac{1}{2}$ cup Raisins $\frac{1}{2}$ cup Milk	$\frac{1}{2}$ cup Townhouse Crackers $\frac{1}{2}$ cup Water
THURSDAY	$\frac{1}{2}$ cup Cheerios $\frac{1}{2}$ cup Milk	$\frac{1}{2}$ Cinnamon Toast $\frac{1}{2}$ cup Water	Fish Sticks $\frac{1}{2}$ cup Cheese Cubes $\frac{1}{2}$ cup Pineapple $\frac{1}{2}$ cup Milk	$\frac{1}{2}$ cup Veggie Straws $\frac{1}{2}$ cup Water
FRIDAY	$\frac{1}{2}$ cup Cheerios $\frac{1}{2}$ cup Milk	Graham Cracker $\frac{1}{2}$ cup Water	Chicken Strips $\frac{1}{2}$ cup Ranch Style Beans $\frac{1}{2}$ cup Mixed Fruit $\frac{1}{2}$ cup Milk	Granola Bar $\frac{1}{2}$ cup Water