





January 2023
20 Days of School
20 Days for Teachers

Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
1	2 New Year's Observed BBI Closed	3	4	5	6	7
8	9	10	11	12	13 Home Based Socialization 11am-1pm BBI Library Parent Teacher Conferences 2pm Early Dismissal for Students	14
15	16 MLK Day BBI Closed	17	18 Home Based Parent Workshop 1-2pm Via Zoom Mother's in Progress 5:30-6:30pm Via Zoom	19 D.E.S.K. Tech Talk 3-5 p.m. BBI Library	20	21 Getting Started with Lactation 10-11am Via Zoom
22	23 Parent Policy Council Meeting 4-5pm BBI Library	24 BBI Health Fair 12-3pm BBI Library	25 Mother's in Progress 5:30-6:30pm Via Zoom	26	27 Infant and Maternal Wellness Zumba 12-1pm	28
29	30	31 Health Advisory Council Meeting 4-5pm BBI Library				

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	 <p>3</p>	<p>2 oz CN Hamburger Patty w/ Ketchup 1 WG Bun (1.8 oz) ¼ c Baked Beans ¼ c Mandarin Oranges ¾ c Milk</p> <p><i>Veg: 1 Veggie Burger</i></p>	<p><u>Make Your Own Wrap</u> 4</p> <p>1 oz Turkey (2 slices) 2 tbsp Hummus ½ oz Cheddar Cheese 1 WG Flour Tortilla ½ c Tossed Salad w/ Ranch ¼ c Fresh Fruit Salad ¾ c Milk</p> <p><i>Veg: 1/8 c Hummus Wrap w 1 oz Fresh Mozzarella Cheese</i></p>	<p>5</p> <p>2 Chicken Tenders w Honey Mustard 1 WG Cornbread 1/4 C Coleslaw ¼ c Apple Slices ¾ c Milk</p> <p><i>Veg: 3 Vegetarian Nuggets</i></p>	<p>6</p> <p>½ c Macaroni & Cheese (2 oz M/MA, ¼ c wg noodles ½ oz) 1 String Cheese ¼ c Peas ¼ c Fruit Mix cocktail ¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p>9</p> <p>½ c Beef Vegetable Lomein (1/4 c Stir Fried Asian Vegetables, 1/4 c Beef) ¼ c Lomain Noodles ¼ c Mandarin Oranges ¾ c Milk</p> <p><i>Veg: ½ c Vegetable Lomein/1 String Cheese</i></p>	<p>10</p> <p>4 Chicken Nuggets 1 WG Roll (1 oz) ¼ c Corn ¼ c Pears ¾ c Milk</p> <p><i>Veg: 3 Vegetarian Nuggets</i></p>	<p>11</p> <p>2 oz Beef Patty 1 WG Bun ¼ c Coleslaw ¼ c Tropical Fruit Salad ¾ c Milk</p> <p><i>Veg: 1 Veggie Burger</i></p>	<p>12</p> <p>½ c Chicken Spaghetti (2oz Chicken and ¼ c Noodles) ¼ c Spinach Salad w Italian ¼ c Fresh Fruit Salad ¾ c Milk</p> <p><i>Veg: 1/2 c Cheesy Spaghetti/1 String Cheese</i></p>	<p>13</p> <p><u>Make Your Own Burrito:</u> ¼ c Black Beans ¼ c Shredded Monterey Cheese 1 6 in WG Tortilla ½ c Shredded Romaine ¼ c Peaches ¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p>16</p> 	<p><u>Make Your Own Taco</u> 17</p> <p>¼ c Beef Taco Meat ½ c Shredded Lettuce 2 TBSP Shredded Cheddar Cheese 1 oz WG Tortilla ¼ c Diced Melon Salad ¾ c Milk</p> <p><i>Veg: 3/8 c Black Beans</i></p>	<p>18</p> <p>4 Cheese Ravioli (2.4 oz) Marinara Sauce ¼ c Peas 1 oz WG Roll ¼ c Pineapple ¾ c Milk</p> <p><i>Veg: Same</i></p>	<p>19</p> <p>1 oz Turkey (2 slices) 1 Slider WG Bread ¼ c Broccoli w Italian 2 Orange Wedges ¾ c Milk</p> <p><i>Veg: 2 oz Fresh Mozzarella Cheese</i></p>	<p>20</p> <p>½ c Macaroni & Cheese (2 oz M/MA, ¼ c wg noodles ½ oz) 3/8 c Vegetarian Baked Beans ½ c Tossed Salad w/ Ranch ¼ c Cantaloupe ¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p>23</p> <p>2 oz Beef BBQ Sandwich 1 WG Bun (1 oz) ¼ c Cauliflower ¼ c Pineapple ¾ c Milk</p> <p><i>Veg: 1 Veggie Burger</i></p>	<p><u>Make Your Own Bowl</u> 24</p> <p>¼ c Popcorn Chicken (2oz) ¼ c Mashed Potatoes 1 oz WG Dinner Roll ¼ c Diced Honeydew ¾ c Milk</p> <p><i>Veg: 3 Vegetarian Nuggets</i></p>	<p><u>Penne Meatballs</u> 25</p> <p>3 Meatballs (1.5 oz) w Marinara Sauce ¼ C WG Penne (½ oz) ¼ c Spinach w Ranch ½ Apple ¾ c Milk</p> <p><i>Veg: ½ c Penne with Cheese</i></p>	<p>26</p> <p>½ c Chicken Curry Casserole 1 oz Flatbread ¼ c Mixed Vegetables ¼ c Fresh Fruit Salad ¾ c Milk</p> <p><i>Veg: Southwest Tofu Scrumble/ ½ c Yogurt</i></p>	<p><u>Make Your Own Pizza</u> 27</p> <p>1 oz English Muffin 2 oz Shredded Mozzarella Cheese ¼ c Marinara Sauce ¼ c Parmesan Roasted Broccoli 2 Orange Wedges (1/4 c) ¾ c Milk</p> <p><i>Veg: Same</i></p>
	<p>30</p> <p>3 CN Chicken Patty Sandwich w/ Cheddar Cheese 1 oz WG Bun ¼ c Green Beans ¼ c Applesauce ¾ c Milk</p> <p><i>Veg: 3 Vegetarian Nuggets</i></p>	<p>31</p> <p>¾ c Cuban Black Bean Rice (#6 scoop- black beans, #8 scoop- rice) ¼ c Brown Rice ¼ c Field Green Salad w Italian ¼ c Diced Honeydew ¾ c Milk</p> <p><i>Veg: Same</i></p>			

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
LUNCH		1 oz CN Hamburger Patty w/ Ketchup 1 WG Bun (1.8 oz) 1/8 c Baked Beans 1/8 c Mandarin Oranges 1/2 c Milk <i>Veg: 1 Veggie Burger</i>	<u><i>Make Your Own Wrap</i></u> 1 oz Turkey (2 slices) 1 tbsp Hummus 1/2 oz Cheddar Cheese 1 WG Flour Tortilla 1/4 c Broccoli w/ Ranch 1/8 c Fresh Fruit Salad 1/2 c Milk <i>Veg: 1/4 c Hummus Wrap w 1 oz Fresh Mozzarella Cheese</i>	2 Chicken Tenders w Honey Mustard 1 WG Cornbread 1/8 c Cooked Carrots 1/8 c Applesauce 1/2 c Milk <i>Veg: 2 Vegetarian Nuggets</i>	1/4 c Macaroni & Cheese (2 oz M/MA, 1/4 c wg noodles 1/2 oz) 1 oz String Cheese 1/8 c Peas 1/8 c Fruit Mix cocktail 1/2 c Milk <i>Veg: Same</i>	
	1/4 c Beef Vegetable Lomein (1/8 c Stir Fried Asian Vegetables, 1/8 c Beef) 1/8 c Lomein Noodles 1/8 c Mandarin Oranges 1/2 c Milk <i>Veg: 1/4 c Vegetable Lomein/1 String Cheese</i>	2 Chicken Nuggets 1 WG Roll (1 oz) 1/8 c Corn 1/8 c Pears 1/2 c Milk <i>Veg: 2 Vegetarian Nuggets</i>	1 oz Beef Patty 1 WG Bun 1 WG Biscuit 1/8 c Steamed Carrots w Ranch 1/8 c Tropical Fruit Salad 1/2 c Milk <i>Veg: 1 Veggie Burger</i>	1/4 c Chicken Spaghetti (1 oz Chicken and 1/4 c Noodles) 1/8 c Steamed Spinach w Italian 1/8 c Fresh Fruit Salad 1/2 c Milk <i>Veg: 1/4 Cheesy Spaghetti/1 String Cheese</i>	<u><i>Make Your Own Burrito:</i></u> 1/8 c Black Beans 1/8 c Shredded Monterey Cheese 1 6 in WG Tortilla 1/8 c Shredded Romaine 1/8 c Peaches 1/2 c Milk <i>Veg: Same</i>	
		<u><i>Make Your Own Taco</i></u> 1/4 c Beef Taco Meat 1/8 c Shredded Lettuce 1 TBSP Shredded Cheddar Cheese 1 oz WG Tortilla 1/8 c Diced Melon Salad 1/2 c Milk <i>Veg: 1/4 c Black Beans</i>	3 Cheese Ravioli w Marinara Sauce 1/8 c Peas 1 oz WG Roll 1/8 c Pineapple 1/2 c Milk <i>Veg: Same</i>	2 oz Turkey (4 slices) 1 Slider WG Bread 1/8 c Steamed Broccoli w Italian 1/8 c Mandarin Oranges 3/4 c Milk <i>Veg: 2 oz Fresh Mozzarella Cheese</i>	1/4 c Macaroni & Cheese (2 oz M/MA, 1/4 c wg noodles 1/2 oz) 3/8 c Vegetarian Baked Bean 1/8 c Cooked Cauliflower 1/8 c Diced Cantaloupe 1/2 c Milk <i>Veg: Same</i>	
	1 oz Beef BBQ Sandwich 1 WG Bun (1 oz) 1/8 c Cauliflower 1/8 c Pineapple 1/2 c Milk <i>Veg: 1 Vegetarian Burger</i>	<u><i>Make Your Own Bowl</i></u> 1/4 c Popcorn Chicken (2oz) 1/4 c Mashed Potatoes 1 oz WG Dinner Roll 1/4 c Diced Honeydew 3/4 c Milk <i>Veg: 2 Vegetarian Nuggets</i>	<u><i>Penne Meatballs</i></u> 2 Meatballs (1.5 oz) & w marinara Sauce 1/8 c G Penne Pasta 1/8 c Steamed Spinach w Ranch 1/8 c Applesauce 1/2 c Milk <i>Veg: 1/4 c Penne with Cheese</i>	1/4 c Chicken Curry Casserole 1 oz Flatbread 1/8 c Mixed Vegetables 1/8 c Fresh Fruit Salad 1/2 c Milk <i>Veg: Southwest Tofu Scrumble</i>	<u><i>Make Your Own Pizza</i></u> 1 oz English Muffin 1 oz Shredded Mozzarella Cheese 1/8 c Marinara Sauce 1/8 c Parmesan Roasted Broccoli 1/8 c Mandarin Oranges 1/2 c Milk <i>Veg: Same</i>	
	2 CN Chicken Patty Sandwich w/ Cheddar Cheese 1 oz WG Bun 1/8 c Green Beans 1/8 c Applesauce 1/2 c Milk <i>Veg: 2 Vegetarian Nuggets</i>	1/4 c Cuban Black Bean Rice (#6 scoop- black beans, #8 scoop- rice) 1/4 c Brown Rice 1/8 c Steamed Baby Carrots w Italian 1/8 c Diced Honeydew 1/2 c Milk <i>Veg: Same</i>				



BRIGHT BEGINNING Early Head Start
LUNCH MENU
January 2023

