



November 2023  
 19 Days of School  
 19 Days for Teachers

Sun.	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.
			<b>1</b> Home Based Yoga 12 – 1pm Zoom  Moms in Progress 5:30 – 6:30pm Zoom	<b>2</b>	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b> Dad Talk 3:00 – 4:00pm Library  Moms in Progress 5:30 – 6:30pm Zoom	<b>9</b>	<b>10</b> Veteran's Day BBI Closed	<b>11</b>
<b>12</b>	<b>13</b>	<b>14</b> Dads Against Diabetes (D.A.D.) 4 – 5pm BBI Library  Child Development Workshop (10-18 months) 4 – 5pm TBD	<b>15</b> HB Parent Workshop 12 – 1pm Zoom  Moms in Progress 5:30 – 6:30pm Zoom	<b>16</b> Parent Café 4 – 5pm BBI Library	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b> BBI Turkey Giveaway and Farmer's Market 3 – 5pm Library	<b>21</b> Healthier Happy Hour w/Cooking Demo 4 – 5pm Library	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<b>26</b>	<b>27</b> Dental Screenings 9 – 11am MPR	<b>28</b> Dental Screenings 9 – 11am MPR	<b>29</b> Home Based Yoga 12 – 1pm Zoom	<b>30</b>		



## BRIGHT BEGINNING BREAKFAST NOVEMBER 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST MENU			1	2	3
			<b>WG</b> Blueberry Chex mix cereal 4 oz. Pineapple fruit cup <b>Milk</b> (Soy, Lactaid, Whole or 1%)	<b>WG</b> Bagels w/ cream cheese 40z. Pear fruit cup <b>Milk</b> (Soy, Lactaid, Whole or 1%)	<b>WG</b> Golden graham cereal 4 oz. Oranges fruit cup <b>Milk</b> (Soy, Lactaid, Whole or 1%)
	6	7	8	9	10
	<b>WG</b> Cheerios cereal 4 oz. Pineapple fruit cup <b>Milk</b> (Soy, Lactaid, Whole or 1%)	<b>WG</b> Assorted Muffins ( Blueberry/Apple cinnamon) ½ c Mangos <b>Milk</b> (Soy, Lactaid, Whole or 1%)	<b>WG</b> Rice Crispy cereal 4oz. Pear fruit cup <b>Milk</b> (Soy, Lactaid, Whole or 1%)	<b>WG</b> Cinnamon swirl French toast ½ c Strawberries <b>Milk</b> (Soy, Lactaid, Whole or 1%)	
	13	14	15	16	17
	<b>WG</b> Cinnamon Chex cereal 4 oz. Papaya and mango fruit cup <b>Milk</b> (Soy, Lactaid, Whole or 1%)	<b>WG</b> Pancakes w/ syrup 4 oz. Mixed fruit cup(peaches,pineapple,pears) <b>Milk</b> (Soy, Lactaid, Whole or 1%)	<b>WG</b> Multigrain cheerios cereal 4oz. Oranges fruit cup <b>Milk</b> (Soy, Lactaid, Whole or 1%)	<b>WG</b> Waffles w/ syrup Turkey sausage patty ½ c Fresh mango <b>Milk</b> (Soy, Lactaid, Whole or 1%)	<b>WG</b> Honey cheerios cereal 4 oz. Pineapple banana applesauce <b>Milk</b> (Soy, Lactaid, Whole or 1%)
20	21	22	23	24	
<b>WG</b> Frosted mini wheat cereal 4 oz. Pineapple fruit cup <b>Milk</b> (Soy, Lactaid, Whole or 1%)	<b>WW</b> English muffin 4oz. Apple crisp applesauce <b>Milk</b> (Soy, Lactaid, Whole or 1%)				
27	28	29	30		
<b>WG</b> Rice Chex cereal 4 oz. Pear fruit cup <b>Milk</b> (Soy, Lactaid, Whole or 1%)	<b>WG</b> Cinnamon swirl French toast 4 oz. Pineapple fruit cup <b>Milk</b> (Soy, Lactaid, Whole or 1%)	<b>WG</b> Golden graham cereal 4 oz. Tropical fruit cup( Red and yellow papaya, pineapples) <b>Milk</b> (Soy, Lactaid, Whole or 1%)	<b>WG</b> Pancakes w/ syrup 4 oz. Peaches fruit cup <b>Milk</b> (Soy, Lactaid, Whole or 1%)		



**BRIGHT BEGINNING Early Head Start  
AM/PM SNACKS  
NOVEMBER 2023**


		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM/PM SNACKS</b>				1 <b>AM</b> WG Animal cookies 4 oz. Peach fruit cup Water <b>PM</b> WG Bug bite grahams 4 oz. Papaya and mango fruit cup Water	2 <b>AM</b> WG Cheddar goldfish 4 oz. Mango peach applesauce Water <b>PM</b> WG Graham crackers 4 oz. Oranges fruit cup Water	3 <b>AM</b> WG Strawberry Chex mix 4 oz. Pear fruit cup Water <b>PM</b> WW Crackers 4 oz. Applesauce cup Water
	6	7	8	9	10	
	<b>AM</b> WG Rainbow goldfish 4 oz. Mixed fruit cup(pineapples, peach and pear) Water <b>PM</b> WG Vanilla wafers Yogurt cup( strawberry and strawberry and banana) Water	<b>AM</b> WG Traditional Chex mix 4 oz. Peach fruit cup Water <b>PM</b> WG Nutrigrain bars 4 oz. Tropical fruit cup(papaya, pineapple) Water	<b>AM</b> WG Graham crackers ½ c Blueberry Water <b>PM</b> WW Veggie wheat thins Mozzarella cheese sticks Water	<b>AM</b> WG Ritz cheese bites 4oz. Mandarin Orange fruit cup Water <b>PM</b> WG Sunchips 100% Apple juice Water	<p align="center"><b>VETERANS DAY</b></p>	
13	14	15	16	17		
	<b>AM</b> WG Hard pretzel 4oz. Pear fruit cup Water <b>PM</b> WG Bug bite grahams 4 oz. Peach fruit cup Water	<b>AM</b> WG Honeybun goldfish 4 oz. Pineapple fruit cup Water <b>PM</b> WW Wheat thins 4oz. Mango strawberry applesauce cup Water	<b>AM</b> WG Teddy grahams 4 oz. Peach fruit cup Water <b>PM</b> WW Crackers 4 oz. Pear fruit cup Water	<b>AM</b> WG Cheddar Cheese goldfish Apple slices Water <b>PM</b> Pasta salad w/ Ritz crackers 100% Apple juice Water	<b>AM</b> WG Bug bite grahams 4 oz. Orange fruit cup Water <b>PM</b> WG Soft bite pretzel 4 oz. Blueberry pomegranate applesauce cup Water	



**BRIGHT BEGINNING Early Head Start  
AM/PM SNACKS  
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<p align="right">20</p> <p><b>AM</b> WG Nutrigrain bars 4 oz. Mixed fruit cup (pineapple,pear,peaches) Water <b>PM</b> WG Vanilla cupcake goldfish 4 oz. Oranges fruit cup</p>	<p align="right">21</p> <p><b>AM</b> WG Sun Chips 4oz. Peach fruit cup Water <b>PM</b> WG Pretzel goldfish 4 oz. Pear fruit cup Water</p>	<p align="right">22</p> <p align="center"></p>	<p align="right">23</p> <p align="center"></p>	<p align="right">24</p> <p align="center"></p>
<p align="right">27</p> <p><b>AM</b> WG Honey maid squares grahams 4oz. Mango peach applesauce Water <b>PM</b> WG White cheddar cheez- itz 4 oz. Orange fruit cup</p>	<p align="right">28</p> <p><b>AM</b> WG Hard pretzel 4 oz. Papaya and mango fruit cup Water <b>PM</b> WG Teddy grahams 4 oz. Peaches fruit cup Water</p>	<p align="right">29</p> <p><b>AM</b> WG Animal crackers Yogurt( strawberry&amp; strawberry/banana) Water <b>PM</b> WG Strawberry Chex mix 100% Fruit punch juice Water</p>	<p align="right">30</p> <p><b>AM</b> WG Tiger bites 4 oz. Mango fruit cup Water <b>PM</b> Chicken salad WW Pita bread 4oz. Pear fruit cup Water</p>	



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH</b>			1 ¼ c Diced Chicken (2 oz) in Gravy ¼ c Savory Rice Pilaf 1/8 c <b>Black Bean salad</b> 1/8 c <b>Honeydew</b> ½ c Milk  <i>Veg: ¼ c Seasoned Black Beans</i>	2 3 Turkey Sausage Links (2 oz) w/ Ketchup ½ Cornbread (1 oz) 1/8 c Steamed Spinach ½ <b>Banana</b> ½ c Milk <i>Veg: 2 Veggie Chik'n Nuggets (3 oz) w/ Ketchup</i>	3 1 Cheese Lasagna Roll-up (3.5 oz) w marinara sauce <b>WG</b> Lasagna noodles (1 oz eq) 1 String cheese (1 oz) 1/8 c Cooked <b>Broccoli</b> w/ Ranch 1/8 c <b>Mango</b> ½ c Milk <i>Veg: Same</i>
	6 3 Beef Meatballs w/ Marinara Sauce ¼ c <b>WG</b> Penne Pasta 1/8 c Steamed <b>Spinach Salad</b> 1/8 c <b>Mandarin Oranges</b> ½ c Milk <i>Veg: 2 Vegan Meatballs w Marinara sauce</i>	7 ¼ c Chicken Strips in Teriyaki Sauce ¼ c <b>Brown rice</b> 1/8 c <b>Cooked Carrots</b> w/ Ranch 1/8 c <b>Honeydew</b> ½ c Milk <i>Veg: Tofu (3 oz) in Teriyaki sauce</i>	8 ¼ c Beef and Bean Chili ½ Cornbread 1/8 c <b>Cauliflower</b> ½ <b>Banana</b> ½ c Milk <i>Veg: Bean Chili (Pinto Beans)</i>	9 <b>Make your Sandwich</b> ¼ c Chicken Salad 1 <b>WG</b> Bun 1/8 c Cooked <b>Carrots</b> w/ Veggie Dip 1/8 c <b>Mango</b> ½ c Milk <i>Veg: 2 oz Mozzarella Cheese</i>	10 ½ c Macaroni & Cheese 1 String Cheese 1/8 c <b>Green Beans</b> 1/8 c <b>Fresh Fruit Salad</b> (Pineapple, Cantaloupe and Honeydew) ½ c Milk <i>Veg: Same</i>
	13 2 Chicken Tenders 1 String Cheese 1 <b>WG</b> Roll 1/8 c <b>Diced Potatoes</b> 1/8 c <b>Applesauce</b> ½ c Milk <i>Veg: 1 Veggie Burger w/ / BBQ Sauce</i>	14 <b>Make your Wrap</b> 2 Turkey slices (1 oz) 2 Tbsp Hummus 1 Cheese slice 1 <b>WW</b> Tortilla 1/8 c <b>Cooked Carrots</b> w/ Ranch 1/8 c <b>Mandarin Orange</b> ½ c Milk <i>Veg: 2 oz Fresh Mozzarella Cheese</i>	15 2 Chicken Nuggets w/ Ketchup 1 <b>WG</b> Roll 1/8 c <b>Cooked Cauliflower</b> w/ Italian 1/8 c <b>Honeydew</b> ½ c Milk <i>Veg: 2 Veggie Chik'n Nuggets w/ Ketchup</i>	16 <b>Make your Sandwich</b> 1 Hamburger Patty w/ BBQ Sauce 1 <b>WG</b> Bun 1/8 c <b>Green Peas</b> ½ <b>Banana</b> ½ c Milk <i>Veg: 1 Black Bean Burger w/ BBQ Sauce</i>	17 <b>Make your Pizza</b> 2 oz Shredded Mozzarella 1 <b>WG</b> Mini Flat Bread ½ c Hot Marinara Sauce 1/8 c Cooked <b>Broccoli</b> w/ Italian 1/8 c <b>Fresh Fruit Salad</b> ½ c Milk <i>Veg: Same</i>
	20 <b>Thanksgiving Menu</b> 2 oz Turkey & Gravy 1 TBSP Cranberry Sauce ¼ c Stuffing ¼ c <b>Green Beans</b> ¼ c <b>Sweet Potato</b> ½ c Milk <i>Veg: 2 Vegetarian Nuggets (NO gravy)</i>	21 <b>Make your Sandwich</b> 1 Hamburger Patty w/ BBQ Sauce 1 <b>WG</b> Bun 1/8 c <b>Baked Beans</b> 1/8 c <b>Mango</b> ½ c Milk <i>Veg: 1 Veggie Burger w/ BBQ Sauce</i>	22 ½ c Spanish Rice with Chicken & Peas ¼ c Ground Chicken ¼ c <b>Brown Rice</b> 1/8 c Cooked <b>Broccoli</b> w/ Ranch 1/8 c <b>Fresh Fruit Salad</b> ½ c Milk <i>Veg: Spanish Rice w/ ¼ c Black Beans</i>		
	27 3 Beef Meatballs w/ Marinara sauce 1 Hot Dog <b>WG</b> Bun 1/8 c <b>Carrots &amp; Peas</b> 1/8 c <b>Apple slices</b> ½ c Milk <i>Veg: 3 Vegan Meatballs (3 oz) w/ Marinara sauce</i>	28 2 Chicken Nuggets w/ Ketchup 1 <b>WG</b> Roll 1/8 c <b>Mashed Potatoes</b> 1/8 c <b>Fresh Fruit Salad</b> (Pineapple, Cantaloupe and Honeydew) ½ c Milk <i>Veg: 2 Veggie Chik'n Nuggets w Ketchup</i>	29 1 Cheese Lasagna Roll-up (3.5 oz) w/ Marinara Sauce <b>WG</b> Lasagna noodles (1 oz eq) 1 String cheese (1 oz) 1/8 c <b>Steamed Spinach</b> ½ <b>Banana</b> ½ c Milk <i>Veg: Same</i>	30 1 Meatloaf (3.15 oz) w/ Gravy 1 <b>WG</b> Roll (1.13 oz) 1/8 c Cooked <b>Broccoli</b> w/ Ranch 1/8 c <b>Honeydew</b> ½ c Milk <i>Veg: 1 Veggie Burger (2.5 oz) w/ BBQ Sauce</i>	