

August 2015


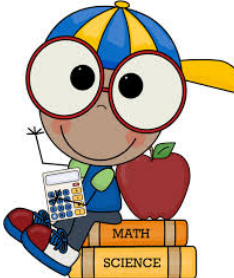




BRIDGEPREP
ACADEMY
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"Where learning is a journey!"

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Smart Starts at Bridge Prep (private)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
	<p><u>BREAKFAST:</u> Fruits Blueberry Muffin Milk</p> <hr/> <p><u>LUNCH:</u> Roasted Pork Whole Grain Roll Moro Mixed Vegetables Cinnamon Apples Milk</p> <hr/> <p><u>SNACK:</u> Yogurt Fruits</p>	<p><u>BREAKFAST:</u> Fruits Cereal Milk</p> <hr/> <p><u>LUNCH:</u> Chicken Fingers Honey mustard WG Bread Rice w/ Corn Salad Fruit Milk</p> <hr/> <p><u>SNACK:</u> Cookies Milk</p>	<p><u>BREAKFAST:</u> Seasonal Fruit Cheese Toast Milk</p> <hr/> <p><u>LUNCH:</u> Beef tacos w/ diced tomatoes, shredded lettuce, cheddar cheese, sour crm, diced onions Soft Tacos Fruit Milk</p> <hr/> <p><u>SNACK:</u> Juice Fish Crackers</p>	<p><u>BREAKFAST:</u> Juice Englh Muffin crm cheese/Jelly Milk</p> <hr/> <p><u>LUNCH:</u> Sesame Chicken WG Bread Fried Rice Stir fry Broccoli Fruits Juice</p> <hr/> <p><u>SNACK:</u> Animal Crackers Fruits</p>	<p><u>BREAKFAST:</u> Fruits Cereal Milk</p> <hr/> <p><u>LUNCH:</u> Pizza Dessert Juice</p> <hr/> <p><u>SNACK:</u> Milk Assorted WG Crackers</p>	
9	10	11	12	13	14	15
	<p><u>BREAKFAST:</u> Juice Biscuit Margarine Cereal Milk</p> <hr/> <p><u>LUNCH:</u> Oven Fried Chicken served w/ Mashed Potatoes Peas & Carrots, WG Bread, Fruits and Juice</p> <hr/> <p><u>SNACK:</u> Assorted Crackers Fruits</p>	<p><u>BREAKFAST:</u> Fruits Whole Grain Bagel Cream Cheese Milk</p> <hr/> <p><u>LUNCH:</u> Sloppy Joe on Bread Roll Served w/ Roasted Corn, French Fries, Fruits and Juice</p> <hr/> <p><u>SNACK:</u> Yogurt Fruits</p>	<p><u>BREAKFAST:</u> Fruits Cereal Milk</p> <hr/> <p><u>LUNCH:</u> Beef Ravioli in Marinara Sauce served w/Tossed Salad, WG Garlic Bread, Fruit and Juice</p> <hr/> <p><u>SNACK:</u> Plain Graham Crackers Milk</p>	<p><u>BREAKFAST:</u> Fruits Waffles w/Syrup Milk</p> <hr/> <p><u>LUNCH:</u> Lemon Chicken served w/ White Rice, Plantains, WG Bread, Fruits and Juice</p> <hr/> <p><u>SNACK:</u> Rice Krispie Treat Juice</p>	<p><u>BREAKFAST:</u> Fruits Egg and Cheese on Whole Grain Sandwich Milk</p> <hr/> <p><u>LUNCH:</u> Pizza Dessert Juice</p> <hr/> <p><u>SNACK:</u> Banana Bread Milk</p>	

<p>16</p>	<p>17</p> <p>BREAKFAST: Fruits Cinnamon Raisin Bagel Milk</p> <p>LUNCH: Chicken Enchilada served w/ Yellow Rice, Sour Crm., WG Roll, Fruits and Juice</p> <p>SNACK: Juice Cinnamon Bun</p>	<p>18</p> <p>BREAKFAST: Fruits Cereal Milk</p> <p>LUNCH: Beefaroni served w/ Salad, Garlic Bread, Fruits and Juice</p> <p>SNACK: Fruit Gelatin Assorted Crackers</p>	<p>19</p> <p>BREAKFAST: Fruits Cheese Toast Milk</p> <p>LUNCH: Turkey Picadillo with congri, cuban bread, tomato slices, fruit and Juice</p> <p>SNACK: Cookies Milk</p>	<p>20</p> <p>BREAKFAST: Fruits French Toast Milk</p> <p>LUNCH: Breaded fish with ketchup, mashed potatoes, mixed vegetables, whole grain roll, fruits and Juice</p> <p>SNACK: Ham Whole Wheat Bread</p>	<p>21</p> <p>BREAKFAST: Juice Cereal Toast Milk</p> <p>LUNCH: Pizza Dessert Juice</p> <p>SNACK: Pretzels (soft or thin) Fruits</p>	<p>22</p>
<p>23</p> 	<p>24</p> <p>BREAKFAST: Juice Cereal Blueberry Muffin Milk</p> <p>LUNCH: Macaroni and Cheese steamed broccoli, served with a wheat roll fruits and Juice</p> <p>SNACK: Bread Sticks w/ Cheese dip</p>	<p>25</p> <p>BREAKFAST: Fruits Sausage Biscuit Milk</p> <p>LUNCH: Chicken Nuggets Served with enrich white rice, lentil soup, whole grain bread a fresh fruits and Juice</p> <p>SNACK: Assorted Crackers Juice</p>	<p>26</p> <p>BREAKFAST: Fruits Whole Wheat Toast Margarine & Jelly Milk</p> <p>LUNCH: Salisbury Steak served with home-made gravy, parsley potatoes, peas and carrots, fresh fruit and a Juice</p> <p>SNACK: Seasonal Fresh Fruits Milk</p>	<p>27</p> <p>BREAKFAST: Fruits English Muffin Marg & Jelly Scrambled Egg Milk</p> <p>LUNCH: BBQ Chicken served with enrich Rice, red bean, roasted plantation, fresh fruit and a Juice</p> <p>SNACK: Fruits Yogurt</p>	<p>28</p> <p>BREAKFAST: Fruits Waffles Syrup Milk</p> <p>LUNCH: Pizza Dessert Juice</p> <p>SNACK: Oatmeal Cookie Milk</p>	<p>29</p> 
<p>30</p> 	<p>31</p> <p>BREAKFAST: Blended 100% Juice Cereal Banana Bread Milk</p> <p>LUNCH: Chicken Fettucine served with Caesar salad, garlic bread, fruits and Milk</p>	<p>SNACK: Cookies Milk</p>				<p>Courtesy of</p>  <p>nutrispa[™] Say yes to delicious meals Catering Service</p>