BRIGHT HORIZONS AT WHEATON

# What's on the Menu?



| Week of: March 11th | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| **BREAKFAST** | ▪ Pancake<br>▪ Turkey Sausage<br>▪ Fresh Fruit<br>▪ Organic Milk | ▪ Oatmeal<br>▪ Fresh Fruit<br>▪ Organic Milk | ▪ Yogurt<br>▪ Granola<br>▪ Fresh Fruit<br>▪ Organic Milk | ▪ Nutrigrain Bar<br>▪ Fresh Fruit<br>▪ Organic Milk | ▪ Corn Muffin<br>▪ Fresh Fruit<br>▪ Organic Milk |
| **TODDLER MORNING SNACK** | ▪ Nutrigrain Bar<br>▪ Organic Milk | ▪ Cottage Cheese<br>▪ Fresh Fruit | ▪ Pancake<br>▪ Turkey Sausage | ▪ Yogurt<br>Cheerios | ▪ Cheese Cubes<br>▪ Wheat Crackers |
| **LUNCH** | ▪ Chicken Parmesan<br>▪ Egg Noodles<br>▪ Broccoli<br>▪ Fresh Fruit<br>▪ Organic Milk<br>▪ V: Egg Noodles with Spaghetti Sauce | ▪ Sweet & Sour Chicken<br>▪ Basmati Rice<br>▪ Peas and Carrots<br>▪ Fresh Fruit<br>▪ Organic Milk<br>▪ V: Basmati Rice with Sweet & Sour Sauce | ▪ Vegetarian Chili<br>▪ Cornbread Muffin<br>▪ Fresh Fruit<br>▪ Organic Milk | ▪ Salisbury Steak<br>▪ Gravy<br>▪ Seasoned Rice<br>▪ Mixed Vegetables<br>▪ Fresh Fruit<br>▪ Organic Milk<br>V: Veggie Patty | ▪ Whole Wheat Pizza<br>▪ Green Beans<br>▪ Fresh Fruit<br>▪ Organic Milk |
| **AFTERNOON SNACK** | ▪ String Cheese<br>▪ Wheat Crackers | ▪ Cucumbers<br>▪ Ranch Dressing<br>▪ I/T: Diced Cucumber | ▪ Cheese Cubes<br>▪ Fresh Fruit<br>▪ I/T: Sliced Cheese | ▪ Homemade Blueberry Snack Cake<br>▪ Fresh Fruit | ▪ Graham Crackers<br>▪ Cream Cheese |

* Infant/Toddler Alternative

* Vegetarian Alternative

## We Serve Healthy Meals

- Vegetarian meal options available
- Fresh fruits and vegetables served daily
- Proteins include chicken, turkey, beef, pork, cheese, and beans
- Whole milk served to Infants and Toddlers
- 1% milk served to Young Preschool, Preschool and Kindergarten Prep
- All meals are served family style

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Bright Horizons®

Early Education & Preschool