

# BRIGHT HORIZONS AT WOODINVILLE

## What's on the Menu?



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>Whole grain cereal</li> <li>Organic fruit</li> <li>Organic milk</li> </ul>	<ul style="list-style-type: none"> <li>Bran muffin</li> <li>Organic fruit</li> <li>Organic milk</li> </ul>	<ul style="list-style-type: none"> <li>Whole grain cereal</li> <li>Organic fruit</li> <li>Organic milk</li> </ul>	<ul style="list-style-type: none"> <li>Waffles</li> <li>Applesauce</li> <li>Organic milk</li> </ul>	<ul style="list-style-type: none"> <li>Whole grain cereal</li> <li>Organic fruit</li> <li>Organic milk</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>Chicken fajitas</li> <li>Soy tenders</li> <li>Brown rice</li> <li>Fruit cocktail</li> <li>Organic milk</li> </ul>	<ul style="list-style-type: none"> <li>Veggie patty on a bun</li> <li>Macaroni salad</li> <li>Apricots</li> <li>Organic milk</li> </ul>	<ul style="list-style-type: none"> <li>Kale and sweet potato soup</li> <li>Multigrain baguette</li> <li>Fruit cocktail</li> <li>Organic milk</li> </ul>	<ul style="list-style-type: none"> <li>Chicken yakisoba</li> <li>Tofu</li> <li>Mandarin oranges</li> <li>Mixed veggies</li> <li>Organic milk</li> </ul>	<ul style="list-style-type: none"> <li>Black bean and cheese quesadilla</li> <li>Corn</li> <li>Pears</li> <li>Organic milk</li> </ul>
<b>AFTERNOON SNACK</b>	<ul style="list-style-type: none"> <li>Baked apples</li> <li>Pita</li> <li>Organic milk</li> </ul>	<ul style="list-style-type: none"> <li>Applesauce</li> <li>Graham crackers</li> </ul>	<ul style="list-style-type: none"> <li>Sunbutter</li> <li>English muffin</li> <li>Organic milk</li> </ul>	<ul style="list-style-type: none"> <li>Cucumber chips</li> <li>String cheese</li> </ul>	<ul style="list-style-type: none"> <li>Warmed breadstick</li> <li>Marinara sauce</li> <li>Organic milk</li> </ul>
<b>EVENING SNACK</b>	<ul style="list-style-type: none"> <li>Whole wheat roll</li> <li>Organic fresh fruit</li> </ul>	<ul style="list-style-type: none"> <li>Pita chips</li> <li>Organic fresh fruit</li> </ul>	<ul style="list-style-type: none"> <li>Cheese crackers</li> <li>Organic fresh fruit</li> </ul>	<ul style="list-style-type: none"> <li>Trail mix</li> <li>Organic fresh fruit</li> </ul>	<ul style="list-style-type: none"> <li>Rice crackers</li> <li>Organic fresh fruit</li> </ul>

### We Serve Healthy Meals

- Vegetarian meal options available
- Fresh fruits and vegetables served daily
- All meals are baked, not fried
- Proteins include chicken, turkey, beef, tofu, cheese, and beans
- Organic whole milk served to infants and toddlers
- Organic 1% milk served to young preschool, preschool, and kindergarten prep
- All meals included in the tuition
- All meals served family style

**V: Vegetarian Alternative**



\*Please note this is a sample menu, but it's similar to a menu we will serve once we're open.