

BRIGHT HORIZONS AT WEST 8TH

What's on the Menu?

WEEK 1



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> Rice Krispies Pineapple Organic milk 	<ul style="list-style-type: none"> Fruit Muffins Bananas Organic milk 	<ul style="list-style-type: none"> Veggie Frittata Bread Organic Milk 	<ul style="list-style-type: none"> Biscuits Turkey Sausage (or Vegetarian Sausage) Kiwis Organic milk 	<ul style="list-style-type: none"> Baked Oatmeal with Berries Organic milk
LUNCH	<ul style="list-style-type: none"> Dirty Rice with Turkey or Kidney Beans Roasted Peppers Mandarin Oranges Organic Milk 	<ul style="list-style-type: none"> Lentils Naan Roasted Squash Honeydew Organic Milk 	<ul style="list-style-type: none"> Shepherd's Pie (Turkey or Bean) Vegetable of the Month Mango Organic Milk 	<ul style="list-style-type: none"> Spaghetti (Turkey or Boca marinara sauce) Kale Salad Cantaloupe Organic Milk 	<ul style="list-style-type: none"> Quinoa Veggie Bowl Oranges Organic Milk
AFTERNOON SNACKS	<p>Cucumbers and Cheese</p> <p>Fruit Bar and Fruit Salad</p>	<p>Yogurt and Blueberries</p> <p>Pita and Hummus</p>	<p>Apples and Sunbutter</p> <p>Crackers and Cheese Slices</p>	<p>Cheesy Rice Cakes and Carrot Sticks</p> <p>Trail Mix</p>	<p>Soft Pretzels with Honey Mustard Yogurt Sauce</p> <p>Cottage Cheese and Pineapple</p>

We Serve Healthy Meals

- Vegetarian meal options available
- Fresh fruits and vegetables served daily
- All meals are baked, not fried
- Proteins include chicken, turkey, eggs, 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



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What's on the Menu?

WEEK 2



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> ▪ Corn Chex ▪ Peaches ▪ Organic milk 	<ul style="list-style-type: none"> ▪ Hot Cereal ▪ Raspberries ▪ Organic milk 	<ul style="list-style-type: none"> ▪ Potatoes ▪ Turkey Bacon (or Vegetarian Sausage) ▪ Banana ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Pancakes ▪ Mangos ▪ Organic milk 	<ul style="list-style-type: none"> ▪ Bagels ▪ Cream Cheese ▪ Cantaloupe ▪ Organic milk
LUNCH	<ul style="list-style-type: none"> ▪ Vegetable Chickpea Coconut Curry ▪ Rice ▪ Pears ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Pulled Chicken Sliders ▪ Roasted Broccoli ▪ Honeydew ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Tortellini Alfredo ▪ Vegetable of the Month ▪ Oranges ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Chicken Paprikash and Noodles ▪ Cabbage ▪ Pineapple ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Veggie Chili with Turkey ▪ Cornbread ▪ Apricots ▪ Organic Milk
AFTERNOON SNACKS	<p>Bananas and Sunbutter</p> <p>String Cheese and Watermelon</p>	<p>Carrot Sticks and Hummus</p> <p>Fruit Muffins</p>	<p>Apples and Cheese Cubes</p> <p>Crackers and Hard Boiled Eggs</p>	<p>Graham Crackers with Fruity Yogurt Dip</p> <p>Whole Grain Salad</p>	<p>Granola and Yogurt</p> <p>Cheesy Bread Sticks with Marinara</p>

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WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> Cheerios Mangos Organic milk 	<ul style="list-style-type: none"> Fruit Muffins Blueberries Organic milk 	<ul style="list-style-type: none"> Granola Yogurt Bananas Organic Milk 	<ul style="list-style-type: none"> English Muffins Sunbutter Pineapple Organic milk 	<ul style="list-style-type: none"> Baked French Toast Strawberries Organic milk
LUNCH	<ul style="list-style-type: none"> Quesadillas Green Beans Peaches Organic Milk 	<ul style="list-style-type: none"> Lentils Naan Roasted Squash Honeydew Organic Milk 	<ul style="list-style-type: none"> Chicken (or Bean) Pesto Pasta Vegetable of the Month Raspberries Organic Milk 	<ul style="list-style-type: none"> Turkey (or Boca) Ragu with Polenta Roasted Broccoli Cantaloupe Organic Milk 	<ul style="list-style-type: none"> Tofu Vegetable Stir Fry Rice Watermelon Organic Milk
AFTERNOON SNACKS	<p>Cucumbers and Cheese</p> <p>Fruit Bar and Fruit Salad</p>	<p>Yogurt and Blueberries</p> <p>Pita and Hummus</p>	<p>Apples and Sunbutter</p> <p>Crackers and Cheese Slices</p>	<p>Cheesy Rice Cakes and Jicama</p> <p>Trail Mix</p>	<p>Fruit Crisp</p> <p>Bagels with Sunbutter</p>

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WEEK 4



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> Life Cereal Apricot Organic milk 	<ul style="list-style-type: none"> Cheesy Grits Strawberries Organic milk 	<ul style="list-style-type: none"> Potatoes Bacon Blueberries Organic Milk 	<ul style="list-style-type: none"> Pancakes Honeydew Organic milk 	<ul style="list-style-type: none"> Bagels Cream Cheese Pears Organic milk
LUNCH	<ul style="list-style-type: none"> Mujaddara Roasted Cauliflower Mangos Organic Milk 	<ul style="list-style-type: none"> Ravioli with Marinara Roasted Brussels Sprouts Pineapple Organic Milk 	<ul style="list-style-type: none"> Chicken (or bean) Pot Pie Vegetable of the Month Cantaloupe Organic Milk 	<ul style="list-style-type: none"> Turkey (or Veggie) Paninis Salad Oranges Organic Milk 	<ul style="list-style-type: none"> Veggie and Chickpea Tagine Couscous Watermelon Organic Milk
AFTERNOON SNACKS	<p>Bananas and Sunbutter</p> <p>String Cheese and Bread Sticks</p>	<p>Hummus and Sugar Snap Peas</p> <p>Fruity Muffins</p>	<p>Apples and Cheese</p> <p>Hard Boiled Eggs and Crackers</p>	<p>Vanilla Wafers and Fruity Dip</p> <p>Edamame and Cheese Cubes</p>	<p>Granola and Yogurt</p> <p>Tortillas and Veggie Dip</p>

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WEEK 5



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> Rice Chex Mango Organic milk 	<ul style="list-style-type: none"> Fruit Muffins Watermelon Organic milk 	<ul style="list-style-type: none"> Veggie Frittata Bread Organic Milk 	<ul style="list-style-type: none"> Cinnamon Raisin Toast Butter Banana Organic milk 	<ul style="list-style-type: none"> Baked Oatmeal with Berries Organic milk
LUNCH	<ul style="list-style-type: none"> Potato, Leek, and Corn Chowder with Chicken Mandarin Oranges Organic Milk 	<ul style="list-style-type: none"> Sloppy Joes (Turkey or Boca) Roasted Asparagus Strawberries Organic Milk 	<ul style="list-style-type: none"> Mac and Cheese Vegetable of the Month Blackberries Organic Milk 	<ul style="list-style-type: none"> Lemon Herb Chicken Roasted Potatoes Peas Cantaloupe Organic Milk 	<ul style="list-style-type: none"> Turkey Kofte Rice Beets Pears Organic Milk
AFTERNOON SNACKS	<p>Cucumbers and Cheese</p> <p>Fruit Bar and Fruit Salad</p>	<p>Pita and Hummus</p> <p>Yogurt and Peaches</p>	<p>Apples and Sunbutter</p> <p>Crackers and Cheese Slices</p>	<p>Cheesy Rice Cakes and Celery</p> <p>Trail Mix</p>	<p>Oyster Crackers and Veggie Dip</p> <p>Cottage Cheese and Pineapple</p>

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WEEK 6



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BREAKFAST	<ul style="list-style-type: none"> ▪ Corn Flakes ▪ Apricot ▪ Organic milk 	<ul style="list-style-type: none"> ▪ Multigrain Porridge ▪ Blueberries ▪ Organic milk 	<ul style="list-style-type: none"> ▪ Breakfast Potatoes ▪ Turkey Bacon (or veggie sausage) ▪ Cantaloupe ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Pancakes ▪ Watermelon ▪ Organic milk 	<ul style="list-style-type: none"> ▪ English Muffins ▪ Cream Cheese ▪ Banana ▪ Organic milk
LUNCH	<ul style="list-style-type: none"> ▪ Teriyaki Chicken (or Boca) ▪ Rice ▪ Broccoli ▪ Apples ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Crispy Parmesan Chicken Bites (or bean bites) ▪ Oven Fries ▪ Green Beans ▪ Honeydew ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Grilled Cheese ▪ Tomato Soup ▪ Pineapple ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Turkey (or Bean) Tacos ▪ Coleslaw ▪ Oranges ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Vegetarian Lasagna ▪ Blackberries ▪ Organic Milk
AFTERNOON SNACKS	<p>Sunbutter and Banana</p> <p>String Cheese and Bread Sticks</p>	<p>Hummus and Bell Pepper Strips</p> <p>Pita and Hummus</p>	<p>Hard Boiled Eggs and Crackers</p> <p>Apples and Cheese Cubes</p>	<p>Graham Crackers and Fruity Dip</p> <p>Bagels and Veggie Cream Cheese</p>	<p>Granola and Yogurt</p> <p>Cheezy Crackers and Jicama</p>

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