



Bright Horizons at Dublin January/February 2018



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/22- 1/26	<p>AM Snack: Bagels w/cream cheese Oranges</p> <p>Lunch: Eggs baked in polenta w/salsa verde Garden salad</p> <p>PM Snack: Fruit & oat bars</p>	<p>AM Snack: Granola w/toasted seeds & dried fruit Milk/yogurt</p> <p>Lunch: Hot & sour soup Scallion cakes</p> <p>PM Snack: Molasses bread</p>	<p>AM Snack: Toast w/apple butter Bananas</p> <p>Lunch: Quinoa pilaf w/lentils Roasted beets w/cilantro vinaigrette & toasted sesame seeds</p> <p>PM Snack: Avocado dip w/pita chips</p>	<p>AM Snack: Muffins Tangerines</p> <p>Lunch: Parmesan chicken Roasted potatoes Carrots & Cauliflower perisillade</p> <p>PM Snack: Fruit & cheese plate</p>	<p>AM Snack: Chef's choice</p> <p>Lunch: Chef's choice</p> <p>PM Snack: Chef's choice</p>
1/29- 2/2	<p>AM Snack: Old fashioned oatmeal Apples</p> <p>Lunch: Tilapia in papiote w/fennel & leeks Potato puree</p> <p>PM Snack: Fruit smoothies</p>	<p>AM Snack: Eggs in toast w/fresh salsa</p> <p>Lunch: Chicken & mushroom stir fry Barley pilaf Pineapple salad</p> <p>PM Snack: Crudités w/creamy herb dip</p>	<p>AM Snack: Fruit salad</p> <p>Lunch: Enchiladas Beans & Spanish rice Avocado salad</p> <p>PM Snack: Upside-Down apple bread</p>	<p>AM Snack: Cereal Bananas</p> <p>Lunch: Baked russets Herb butter, cheese, sour cream & black beans Oranges</p> <p>PM Snack: Trail mix</p>	<p>AM Snack: Chef's choice</p> <p>Lunch: Chef's choice</p> <p>PM Snack: Chef's choice</p>

Our menu changes every two weeks and reflects the seasons. Our produce is fresh, locally grown and/or organic and is featured prominently on the menu. We serve locally sourced, hormone/antibiotic free and/or organic dairy, poultry and fish. The menu is subject to change due to availability and daily schedules. Vegetarian, vegan and allergy free options are available for substitution. We are a nut free environment.

Minimum Portion Sizes

	Ages 1-2	Ages 3-5
Milk	½ cup	¾ cup
Yogurt	½ cup	¾ cup
Cheese	1 oz	½ oz
Protein	1 oz	1 ½ oz
Fruit	¼ cup	½ cup
Vegetable	¼ cup	½ cup
Bread	½ slice	¾ slice
Cereal	¼ cup	1/3 cup
Crackers	¼ cup	¼ cup

