

BRIGHT HORIZONS at GMCC

What's on the Menu?



September 17-21, 2018	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Cheerios Cereal Fresh Fruit	Banana Muffins Fresh Fruit	Zucchini Scones Fresh Fruit	Quiche Obrien Fresh Fruit	Baked Apple Crumble Fresh Fruit
LUNCH	Chicken and Rice Casserole Veggie Nuggets Steamed Green Beans Fresh Fruit	Beef Taco Pasta Soy Crumbles Roasted Garlic Carrots Fresh Fruit	Ham and Cheese Stromboli Veggie Stromboli Creamed Spinach Fresh Fruit	French Onion Soup Turkey and Feta Focaccia Cornbread Muffin Fresh Fruit	Sweet and Sour Pork Veggie Patty Sesame Edamame Noodles Fresh Fruit
AFTERNOON SNACK	Carrot Crudit� and Ranch Dip Juice/Water	Peach Feta Puffs Juice/Water	Fruit Smoothies and Goldfish Crackers Juice/Water	Lemon Carrot Bread Juice/Water	Vanilla Pudding Cups Juice/Water
DINNER	Chicken Salad Sandwiches Veggie Nuggets Citrus Carrot Slaw Fresh Fruit	Turkey Meatloaf Veggie Patty Roasted Cauliflower Fresh Fruit	Baked Tilapia Tofu Fish Steamed Peas and Carrots Fresh Fruit	Cheese Ravioli Steamed Sweet Corn Fresh Fruit	Tuna Salad Sliders Grilled Cheese Baked Potato Chips Fresh Fruit

We Serve Healthy Meals

- Fresh fruits and vegetables served daily
- All meals are baked, not fried
- Proteins include chicken, turkey, beef, tofu, cheese, and beans
- Organic Milk served to all children Toddlers through Kindergarten Prep
- All meals served family style
- Select produce are locally grown and supplied by NC/SC farmers
- This menu is subject to change without notice due to deliveries and emergencies.

Vegetarian Alternative

