

BRIGHT HORIZONS AT SENECA STREET

What's on the Menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> Waffle Sticks Fresh Fruit Organic Milk 	<ul style="list-style-type: none"> Cream of Wheat Fresh Fruit Organic Milk 	<ul style="list-style-type: none"> English muffin, Turkey sausage, egg, and cheese Fresh Fruit Organic Milk 	<ul style="list-style-type: none"> Oatmeal Fresh Fruit Organic Milk 	<ul style="list-style-type: none"> Cereal Mixed Berries Organic Milk
LUNCH	<ul style="list-style-type: none"> Tomato Soup Grilled Cheese sandwich Fresh Fruit Organic Milk 	<ul style="list-style-type: none"> Chicken Alfredo Vegetables Organic Milk 	<ul style="list-style-type: none"> Ground Turkey Shepherd's Pie Fresh Fruit Organic Milk 	<ul style="list-style-type: none"> Chicken Noodle Soup Fresh Fruit Organic Milk 	<ul style="list-style-type: none"> Turkey, Cheddar Cheese Wrap Fresh Fruit Vegetables Organic Milk
AFTERNOON SNACK	<ul style="list-style-type: none"> Animal Crackers Cheese stick Water 	<ul style="list-style-type: none"> Carrots w/ranch dip Whole Wheat crackers Water 	<ul style="list-style-type: none"> Bagel w/cream cheese Peaches Water 	<ul style="list-style-type: none"> Apple sauce Cheese quesadillas Water 	<ul style="list-style-type: none"> Raspberry Multigrain bar Water
EVENING SNACK	<ul style="list-style-type: none"> Nan Hummus Water 	<ul style="list-style-type: none"> Strawberry Scones Water 	<ul style="list-style-type: none"> Whole Wheat crackers Cheese Water 	<ul style="list-style-type: none"> Blueberry muffin Water 	<ul style="list-style-type: none"> Fruit Cheese Water

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

■ **Vegetarian Alternative**



- ▶ All meals are baked, not fried
- ▶ Vegetarian meal options available
- ▶ Fresh fruits and vegetables served daily
- ▶ 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 served family style and are included in the tuition

