







Bright Horizons at Kirkland

January 29th-February 2nd



MEAL REQUIREMENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 3 Food Groups: Grains/breads Fruit/vegetable Milk/Water	Denver Scramble Organic Pears Organic Milk 	Whole Grain Pancakes Organic Strawberries Turkey Bacon Organic Milk 	Breakfast Smoothie w/ Organic Bananas & Strawberries Organic Milk	Breakfast Sausage Whole Wheat Biscuits Organic Oranges Organic Milk	Whole Grain Cereal Organic Bananas Organic Milk
Morning Snack 2 of the 4 Food Groups: Milk/Water Fruit/vegetable Grain/Bread Meat/meat alternative All snacks with water	Shelled Edamame Naan Bread Water 	Organic Vanilla Yogurt Organic Berries Water	Crepes w/ Sunbutter Organic Blueberries Water 	Cottage Cheese Organic Fruit Water	Cheddar Cheese Whole Grain Crackers Water
Lunch 4 Food Groups: Meat/meat alternative Vegetable/fruit (2 or more) Grain/bread (whole grain or enriched) Milk/Water Extras	Cream of Broccoli Soup Garlic French Bread Organic Oranges Organic Milk	Open Faced Sandwich w/ Turkey & Cheese on Whole Grain Bread Fresh Cantaloupe Organic Broccoli Organic Milk	Macaroni & Cheese w/ Turkey Ham Baby Corn Organic Pineapple Organic Milk	Chicken Teriyaki Served w/ Brown Rice Organic Bananas Snap Peas Organic Milk	Baked Cod w/ Lemon Pepper Roasted Vegetables Whole Grain Roll Organic Pears Organic Milk
Afternoon Snack 2 of the 4 Food Groups: Milk/Water Fruit/vegetable Grain/bread Meat/meat alternative All snacks with water	Whole Wheat Tortilla Roll up w/ Salmon & Cream Cheese Water	Seaweed Strips Organic Pears Water	Whole Grain Bagel w/ Sun Butter Water	Organic Avocado with Flatbread Water	Trail Mix Organic Milk
Vegetarian Option		Cheese Sandwich	Macaroni & Cheese w/ Tofu	Tofu Teriyaki	Boca Burger