# 

**Bright Horizons at Capital City**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| WEEK 1  3/16-3/20  4/6-4/10 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| AM SNACK | * Raisin Bagel * Cream Cheese * Fresh Oranges | * Yogurt w/ Granola | * Turkey Sausage Biscuit * Bananas | * Cereal * Raisins | * French Toast Casserole * Fresh Apples |
| LUNCH | * Roasted Turkey w/side of gravy * Peas and Carrots * Fresh Melon * Roll | * Cheesy Turkey Marzetti * Mixed Vegetables * Baked Apples | * Chicken Burrito w/Brown Rice * Fiesta Corn w/ Black Beans * Sliced Strawberries | * Macaroni & Cheese * Vegetable Medley * Fresh Watermelon | * Veggie Chicken Noodle * Roll * Mandarin Oranges |
| PM SNACK | * Graham Crackers (12months and up) * Wheat Crackers (under 12 months) * Berries | * English Muffin & Wow Butter | * Fresh Veggies * House Made Veggie Dip | * House Zucchini Bread | * Tortilla Scoops and Salsa (Tod/Pre/KP) * Cheese and Crackers (Infants) |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| WEEK 2  3/23-3/27  4/13-4/17 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| AM SNACK | * Blueberry Mini Muffin * Fresh Oranges | * Pancakes * Turkey Sausage | * Maple Oatmeal w/ Craisins * Bananas | * Cereal * Raisins | * Biscuit * Baked Apples |
| LUNCH | * Meatballs w/ BBQ sauce * Garlic Bread Stick * Sweet Potatoes * Watermelon | * Cheese Pizza * Pepperoni Slices * Carrots * Mandarin Oranges | * Turkey Soft Tacos * Cheese and Salsa * Fiesta Corn with Black Beans * Fresh Melon | * Chicken Salad Wrap * Broccoli and Cauliflower * Sliced Strawberries | * Beef Roast * Pineapples and Mango * Mashed Potatoes * Green Beans |
| PM SNACK | * Pita Triangles * Apple Butter | * House Made Trail Mix | * Soft Pretzels * Cucumber | * Pirate’s Booty Puffs | * Wheat Crackers * String Cheese |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| WEEK 3  3/9-3/13  3/30-4/3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| AM SNACK | * Raisin Bagel * Cream Cheese * Fresh Apples | * Cereal * Raisins | * Soft Breakfast Taco * Applesauce | * Breakfast Quiche * Oranges | * Yogurt w/ Tropical Fruit |
| LUNCH | * Turkey Veggie Chili * Fresh Watermelon * Corn Bread | * Spaghetti & Meatballs * Chopped Salad w/ Italian Dressing * Fresh Melon | * Sloppy Joe on wheat bun * Zucchini Chips * Mango | * Pasta Alfredo w/grilled Chicken & Broccoli * Sliced Strawberries | * Cheese Pizza * Pepperoni Slices * Vegetable Medley * Applesauce |
| PM SNACK | * Fruit Scone | * Apple Wedges * Greek Strawberry Yogurt Dip | * Graham Crackers   (12 months and up)   * Wheat Crackers (under 12 months) * Bananas | * Veggie Spread on Pita Bread | * House Banana Muffins |



****

* Whole Milk (Infant and Toddler) and 1% milk (preschool/K Prep) with AM snack and lunch
* Water served with PM snack and offered continually throughout the day

© 2018 Bright Horizons Family Solutions LLC