

# Bright Horizons at Capital City

## What's on the Menu?



WEEK 1 January 29- February 2 February 19- February 23	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM SNACK</b>	Raisin Bagel with cream Cheese Fresh Apples	Cereal Raisins Milk	Turkey Sausage Biscuit Fresh Oranges Milk	Cereal Bananas Milk	French Toast Casserole Fresh Apples Milk
<b>LUNCH</b>	Chicken Noodle Soup with veggies Roll Fresh Melon Milk	Cheesy Turkey Marzetti Mixed Vegetables Baked Apples Milk	Chicken Burrito w/ Brown Rice Fiesta Corn with Black Beans Mango & Berries Milk	Macaroni & Cheese Vegetable Medley Fresh Watermelon Milk	Turkey Meatballs w/BBQ sauce Garlic Bread Stick Green Beans Fresh Melon Milk
<b>PM SNACK</b>	Zucchini Bread Water	English Muffins & Wow Butter Water	House Made Veggie Dip/Lil Carrots Water	Graham Crackers/Berry Yogurt Water	Tortilla Scoops and Salsa Water

### We Serve Healthy Meals

- 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

<b>WEEK 2</b> January 15- January 19 February 5-February 9	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>AM SNACK</b>	Blueberry Mini Muffins Fresh Oranges Milk	Cereal Raisins Milk	Maple Oatmeal w/ Craisins Fresh Apples Milk	Cereal Bananas Milk	Biscuit Baked Apples Milk
<b>LUNCH</b>	Meatball Slider on French Roll Sweet Potatoes Fresh Watermelon Milk	Cheese Pizza Pepperoni Slices Carrots Mandarin Oranges Milk	Turkey Soft Tacos Cheese & Salsa Fiesta Corn with Black Beans Fresh Melon Milk	Tortellini Casserole Broccoli Fresh Strawberries Milk	Sweet & Sour Chicken with Rice Asian Blend Veggies Pineapples & Mango Milk
<b>PM SNACK</b>	Pita Triangles/Tropical Salsa Water	House Made Trail Mix Water	Pineapple Cottage Cheese Water	Yogurt with Granola Water	Wheat Crackers & String Cheese Water

<b>WEEK 3</b> January 22- January 26 February 12- February 16	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>AM SNACK</b>	Blueberry Bagels/Cream Cheese Fresh Apples Milk	Cereal Raisins Milk	Soft Breakfast Taco Bananas Milk	Cereal Fresh Oranges Milk	Yogurt w/ Tropical Fruit Water
<b>LUNCH</b>	Cheeseburger & Bun Picnic Baked Beans Fresh Watermelon Milk	Spaghetti & Meatballs Chopped Salad w/ Italian Dressing Fresh Melon Milk	Season Roasted Chicken Sandwich Roasted Veggies Fresh Strawberries Milk	Grilled Cheese Tomato Soup Green Beans Milk	Cheese Pizza Pepperoni Slices Vegetable Medley Applesauce Milk
<b>PM SNACK</b>	Fruit Scone Water	Apple Wedges/Greek Yogurt Dip Water	Graham Crackers Cinnamon Applesauce Water	Veggies/Lite Ranch Dip Water	House Banana Muffins Water

