

# BRIGHT HORIZONS Bellevue at Spring District

## What's on the Menu?

January 29-Feb 2, 2018



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> <li>▪ Corn Flakes</li> <li>▪ Pears</li> <li>▪ Organic milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Cinnamon Oatmeal</li> <li>▪ Strawberries</li> <li>▪ Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Cheerios</li> <li>▪ Bananas</li> <li>▪ Organic milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Cream of Wheat</li> <li>▪ Peaches</li> <li>▪ Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Rice Chex</li> <li>▪ Apples</li> <li>▪ Organic Milk</li> </ul>
LUNCH	<ul style="list-style-type: none"> <li>▪ Broccoli Cheddar Quiche</li> <li>▪ Fruit salad</li> <li>▪ Organic milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Southwest Beef &amp; Bean Bowl</li> <li>▪ Southwest Bean Bowl</li> <li>▪ Rice</li> <li>▪ Cole Slaw</li> <li>▪ Organic milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Veggie Lasagna</li> <li>▪ Salad</li> <li>▪ Black Berries</li> <li>▪ Organic milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ French Toast</li> <li>▪ Turkey/Veggie Sausage</li> <li>▪ Strawberries</li> <li>▪ Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Chicken /Veggie Sausage Caccitore</li> <li>▪ Mushroom Kale Quinoa Cakes</li> <li>▪ Green Beans</li> <li>▪ Pineapple</li> <li>▪ Organic Milk</li> </ul>
AFTERNOON SNACK	<ul style="list-style-type: none"> <li>▪ Cottage Cheese</li> <li>▪ Apples</li> <li>▪ Water</li> </ul>	<ul style="list-style-type: none"> <li>▪ Cheese Cubes</li> <li>▪ Whole Grain Cracker</li> <li>▪ Water</li> </ul>	<ul style="list-style-type: none"> <li>▪ Yogurt</li> <li>▪ Mango</li> <li>▪ Water</li> </ul>	<ul style="list-style-type: none"> <li>▪ Apple Cinnamon Muffin</li> <li>▪ Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Guacamole</li> <li>▪ Cheese Quesadilla</li> <li>▪ Water</li> </ul>
LATE AFTERNOON SNACK	<ul style="list-style-type: none"> <li>▪ Fruit &amp; Oat Bars</li> <li>▪ Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Bagel w/ Sun Butter</li> <li>▪ Water</li> </ul>	<ul style="list-style-type: none"> <li>▪ Blueberry Bites</li> <li>▪ Oranges</li> <li>▪ Water</li> </ul>	<ul style="list-style-type: none"> <li>▪ Grain &amp; Fruit Trail Mix</li> <li>▪ Water</li> </ul>	<ul style="list-style-type: none"> <li>▪ Nilla Wafers</li> <li>▪ Banana</li> <li>▪ Water</li> </ul>

### We Serve Healthy Meals

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

**I/T: Infant/Toddler Alternative**  
**V: Vegetarian Alternative**

