

Bright Horizons at The Summit

What's on the Menu?

SAMPLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> Cinnamon Apple Bread Fresh Melons Organic Milk 	<ul style="list-style-type: none"> Scrambled egg banana Organic milk 	<ul style="list-style-type: none"> Scrambled Eggs Sliced Melons Organic milk 	<ul style="list-style-type: none"> Toasted Bagels Cream Cheese Banana Organic milk 	<ul style="list-style-type: none"> Granola Yogurt Banana Organic milk Yogurt and Cereal
LUNCH	<ul style="list-style-type: none"> Chicken sausage and Navy Bean Soup Oyster Crackers Fresh Apples Organic milk 	<ul style="list-style-type: none"> Grilled turkey cheese Slice cucumbers Sliced oranges Organic milk Grilled cheese 	<ul style="list-style-type: none"> Cheese Ravioli Marinara Sauce Roasted Vegetables Apples Organic Milk 	<ul style="list-style-type: none"> Bean and Cheese Burritos Carrots Oranges Organic milk 	<ul style="list-style-type: none"> Chicken Pesto Pizza Cucumbers Apples Organic milk Vegetarian Pizza
AFTERNOON SNACK	<ul style="list-style-type: none"> Creamy Spinach Roll Water 	<ul style="list-style-type: none"> Bean dip garlic bread Water 	<ul style="list-style-type: none"> Banana Wrap Water 	<ul style="list-style-type: none"> Goat Cheese and Tomato Roll Up Water 	<ul style="list-style-type: none"> Cheese Quesadilla Water
EVENING SNACK	<ul style="list-style-type: none"> Celery with dip Water 	<ul style="list-style-type: none"> Turkey roll Water 	<ul style="list-style-type: none"> Cucumbers Herb Dip Water 	<ul style="list-style-type: none"> Celery and Carrots Ranch Dip Water 	<ul style="list-style-type: none"> Party Mix Water Chex Cereal

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, pork, 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
- Organic and Seasonal local items when available
- All meals served family style

I/T: Infant/Toddler Alternative

V: Vegetarian Alternative

