

BRIGHT HORIZONS AT WESTLAKE

What's on the Menu?



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST SNACK Centerwide: 8:30 - 9:00 a.m.	<ul style="list-style-type: none"> Chex Cereal Organic milk 	<ul style="list-style-type: none"> Cream of Wheat Organic milk 	<ul style="list-style-type: none"> Pig in a Blanket Organic milk 	<ul style="list-style-type: none"> Blueberry Muffins Organic milk 	<ul style="list-style-type: none"> Yogurt & Berries Organic milk
LUNCH Centerwide: 11:30-12:00 p.m.	<ul style="list-style-type: none"> Broccoli Cheddar Rice Seasonal Fruit Organic milk 	<ul style="list-style-type: none"> Swedish Meatballs Meatless Substitute Mashed Potatoes Cantaloupe Organic milk 	<ul style="list-style-type: none"> Chicken Fettucine Alfredo Fettucine Alfredo Peas and Carrots Strawberries Organic milk 	<ul style="list-style-type: none"> English Muffin Pizza w/ Pepperoni English Muffin Pizza Mixed veggies Gala Apples Organic milk 	<ul style="list-style-type: none"> Chopped BBQ on Bun BBQ Meatless Corn Oranges Organic milk
AFTERNOON SNACK Centerwide: 2:30 p.m.	<ul style="list-style-type: none"> Applesauce Graham Crackers Water 	<ul style="list-style-type: none"> Ham & Cheese Roll Cheese Roll Water 	<ul style="list-style-type: none"> Cottage Cheese w/Fresh Fruit Water 	<ul style="list-style-type: none"> Guacamole Toasted Tortillas Water 	<ul style="list-style-type: none"> Trail Mix Water
EVENING SNACK Centerwide: 5:00 p.m.	<ul style="list-style-type: none"> Crackers Water 	<ul style="list-style-type: none"> Crackers Water 	<ul style="list-style-type: none"> Crackers Water 	<ul style="list-style-type: none"> Crackers Water 	<ul style="list-style-type: none"> Crackers Water

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

V: Vegetarian Alternative

