

BRIGHT HORIZONS AT WHEATON

What's on the Menu?



| Week of: Dec 9th | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------------|---|---|--|--|--|
| BREAKFAST | <ul style="list-style-type: none"> Mini Bagel Cream Cheese Oranges Organic Milk Mandarin Oranges | <ul style="list-style-type: none"> Corn Chex Apples Slices Organic Milk Diced Apples | <ul style="list-style-type: none"> Oatmeal Pears Organic Milk | <ul style="list-style-type: none"> Waffles Turkey Bacon Banana Organic Milk Meatless Sausage | <ul style="list-style-type: none"> Apple Cinnamon Muffin Cantaloupe Organic Milk |
| TODDLER MORNING SNACK | <ul style="list-style-type: none"> Nutrigrain Bar Organic Milk | <ul style="list-style-type: none"> Mini Bagel Cream Cheese Water | <ul style="list-style-type: none"> Corn Chex Diced Apples Milk | <ul style="list-style-type: none"> Biscuit Cheese Cubes Water | <ul style="list-style-type: none"> Sunbutter & Jelly Whole Wheat Toast Water |
| LUNCH | <ul style="list-style-type: none"> Chicken Alfredo w/Whole Wheat Noodles Peas & Carrots Cantaloupe Organic Milk Soy Crumbles | <ul style="list-style-type: none"> Ham and Cheese Sandwich Sweet Potato Fries Mango Organic Milk Grilled Cheese Veggie Burger | <ul style="list-style-type: none"> Chicken Tacos Black Beans Oranges Organic Milk Whole Wheat Tortilla/Cheese Quesadilla/Tofu | <ul style="list-style-type: none"> Macaroni & Cheese w/diced chicken Green Beans Apricots Organic Milk Mac & Cheese Mandarin Oranges | <ul style="list-style-type: none"> Turkey & Cheese Wrap Sliced Cucumbers Pears Organic Milk Tofu Wrap |
| AFTERNOON SNACK | <ul style="list-style-type: none"> Applesauce Oyster Crackers Water | <ul style="list-style-type: none"> Nutrigrain Bar Organic Milk | <ul style="list-style-type: none"> Soft Pretzel Cheese Cubes Water | <ul style="list-style-type: none"> Pita Bread Roasted Red-Pepper Hummus Water | <ul style="list-style-type: none"> Veggie Bean Crackers Apple Sauce |

* Infant/Toddler Alternative

* Vegetarian Alternative

We Serve Healthy Meals

- Vegetarian meal options available
- Fresh fruits and vegetables served daily
- Proteins include chicken, turkey, beef, pork, cheese, and beans
- Whole milk served to Infants and Toddlers
- 1% milk served to Young Preschool, Preschool and Kindergarten Prep
- All meals are served family style

