



# Bright Horizons at Mount Olive

December 11th – December 15th

<b>Meal</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>AM Snack</b>	Cinnamon Banana Oatmeal Water	Strawberries Yogurt Water	Whole Wheat Bagels with Cream Cheese and Jelly Raisins Water	Peach Mango Yogurt Smoothies Water	Corn Flakes Craisins Milk
<b>Lunch</b>	Mushroom Stroganoff over Egg Noodles Tossed Salad Cantaloupe Milk	BBQ Chicken Cheddar Pizza Corn Mango Milk	Grilled Cheese on Whole Wheat Tomato Soup Apples Milk	Pepper, Onion and Cheddar Quiche Edamame Pears Milk	Chicken and Broccoli Teriyaki Over Brown Rice Cantaloupe Milk
<b>PM Snack</b>	Corn Muffins Applesauce Water	Moroccan Roasted Carrot Dip Wheat Crackers Water	Graham Crackers Bananas Water	Pretzel Bites Cheddar Cheese Water	Round Wheat Crackers Roasted Red Pepper Hummus Water

Fresh or frozen fruits and vegetables are a staple of our menu and canned or processed foods are avoided when possible. Vegetarian substitutions (bean, soy, or tofu) are available for each meal and would be prepared in the same style as the scheduled menu item.