



# BRIGHT HORIZONS

## THE GALLEY AT SLU

January 8<sup>th</sup> - January 12<sup>th</sup> 2018



<u>Meal Requirements</u>	<u>Monday 8<sup>th</sup></u>	<u>Tuesday 9<sup>th</sup></u>	<u>Wednesday 10<sup>th</sup></u>	<u>Thursday 11<sup>th</sup></u>	<u>Friday 12<sup>st</sup></u>
<b><u>Breakfast</u></b> Juice/Fruit or Vegetable Dairy Grain	- Bagels with Raspberry Cream Cheese <sup>D</sup> - Organic Milk	- Blueberry Muffins <sup>DE</sup> - Organic Milk	- Chex and Bananas - Organic Milk	- Three Bears Porridge with Pears and Raisins - Organic Milk	- Dried Fruit Scones <sup>DE</sup> - Organic Milk
<b><u>Lunch:</u></b> Dairy Meat/Meat Alternative Grain 2 Fruits, 2 Vegetables, or 1 of each	- Cheddar and Parmesan Macaroni n' Cheese <sup>D</sup> - Roasted Green Beans - Organic Milk	- Chicken and Corn Chowder with Potatoes, Leeks, and Celery <sup>DM</sup> - Biscuits - Organic Milk	- Five Cheese Garlic and Pesto Chicken Pizza <sup>DM</sup> - Mandarin Oranges - Organic Milk	- Inside Out Turkey Lasagna with Tomatoes, Ricotta, Spinach and Mozzarella Cheese <sup>DM</sup> - Diced Pears - Organic Milk	- Three Bean Chili with Tomatoes, Bell Peppers, Corn, and Onion - Corn Bread <sup>DE</sup> - Organic Milk
<b><u>Afternoon &amp; Late Snack:</u></b> Select 2: Dairy Meat/Meat Alternative Grain Fruit or Vegetable	- Wheat Bread Slices - Cinnamon Sunbutter Yogurt Spread <sup>D</sup> - Water  - Flour Tortillas - Snap Peas - Water	- Apple Slices - Colby-Jack Cheese Slices <sup>D</sup> - Water  - Multigrain Crackers - Corn - Water	- Apricot Blueberry Pineapple Bars <sup>D</sup> - Water  Raisin Bread <sup>D</sup> - Pineapple - Water	- Banana Bread <sup>DE</sup> - Water  -Hansel&Gretel Trail Mix - Bananas - Water	- Turkey and Cranberry Cream Cheese Wraps <sup>DM</sup> - Water  - Cheese Cubes <sup>D</sup> - Edamame - Water

Portions/servings are in accordance with State of Washington's food guideline requirements for children (infants through 5 years). All meals must also include a liquid. <sup>D</sup> = Contains Dairy, <sup>M</sup> = Contains Meat, <sup>E</sup> = Contains Egg