

# BRIGHT HORIZONS AT WHEATON

## What's on the Menu?



Week of: Aug 19 <sup>th</sup>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>Mini Bagel</li> <li>Cream Cheese</li> <li>Oranges</li> <li>Organic Milk</li> <li>Mandarin Oranges</li> </ul>	<ul style="list-style-type: none"> <li>Corn Chex</li> <li>Apples Slices</li> <li>Organic Milk</li> <li>Diced Apples</li> </ul>	<ul style="list-style-type: none"> <li>Oatmeal</li> <li>Pears</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Omelette</li> <li>Banana</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Apple Cinnamon Muffin</li> <li>Cantaloupe</li> <li>Organic Milk</li> </ul>
<b>TODDLER MORNING SNACK</b>	<ul style="list-style-type: none"> <li>Nutrigrain Bar</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Mini Bagel</li> <li>Cream Cheese</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Corn Chex</li> <li>Diced Apples</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Biscuit</li> <li>Cheese Cubes</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Omelette</li> <li>Whole Wheat Toast</li> <li>Water</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>Chicken Alfredo w/egg Noodles</li> <li>Peas &amp; Carrots</li> <li>Cantaloupe</li> <li>Organic Milk</li> <li>Soy Crumbles</li> </ul>	<ul style="list-style-type: none"> <li>Ham and Cheese Sandwich</li> <li>Sweet Potato Fries</li> <li>Mango</li> <li>Organic Milk</li> <li>Grilled Cheese</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Tacos</li> <li>Black Beans</li> <li>Oranges</li> <li>Organic Milk</li> <li>Whole Wheat Tortilla/Cheese Quesadilla</li> </ul>	<ul style="list-style-type: none"> <li>Macaroni &amp; Cheese w/diced ham</li> <li>Green Beans</li> <li>Mixed Berries</li> <li>Organic Milk</li> <li>Mac &amp; Cheese</li> </ul>	<ul style="list-style-type: none"> <li>Turkey &amp; Cheese Wrap</li> <li>Sliced Cucumbers</li> <li>Pears</li> <li>Organic Milk</li> </ul>
<b>AFTERNOON SNACK</b>	<ul style="list-style-type: none"> <li>Applesauce</li> <li>Oyster Crackers</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Nutrigrain Bar</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Soft Pretzel</li> <li>Cheese Cubes</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Pita Bread</li> <li>Roasted Red-Pepper Hummus</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Veggie Bean Crackers</li> <li>Apple Sauce</li> </ul>

\* 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

