

BRIGHT HORIZONS at GMCC

What's on the Menu?



January 14-18, 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Cheerios Cereal Fresh Fruit	Baked Oatmeal Fresh Fruit	Turkey Sausage Hashbrowns Fresh Fruit	Lemon Ricotta Scones Fresh Fruit	Banana Coconut Muffins Fresh Fruit
LUNCH	Cheese Tortellini Steamed Sweet Peas Fresh Fruit	Chicken Tortilla Lasagna Veggie Nuggets Corn and Avocado Salad Fresh Fruit	Ham and Potato Gratin Veggie Patty Steamed Green Beans Fresh Fruit	Philly Cheesesteak Stromboli Soy Crumbles Roasted Carrots Fresh Fruit	Brunswick Stew Sweet Potato Coconut Soup Sour Cream Cornbread Fresh Fruit
AFTERNOON SNACK	Carrots and Ranch Dip Juice/Water	Broccoli Cheddar Quinoa Bites Juice/Water	Sliced Apples and Goldfish Juice/Water	Roasted Red Pepper Hummus and Pita Chips Juice/Water	Olive Focaccia Juice/Water
DINNER	Sweet Potato Coconut Soup Turkey and Cheese Sliders Grilled Cheese Fresh Fruit	Teriyaki Pork Loin Veggie Patty Coconut Rice and Stir-fry Veg Fresh Fruit	Spinach Lasagna Steamed Carrots Fresh Fruit	Chicken and Rice Casserole Veggie Nuggets Steamed Broccoli Fresh Fruit	Vegetable Soup Grilled Cheese Fresh Fruit

We Serve Healthy Meals

- Fresh fruits and vegetables served daily
- All meals are baked, not fried
- Proteins include chicken, turkey, beef, tofu, cheese, and beans
- Organic Milk served to all children Toddlers through Kindergarten Prep
- All meals served family style
- Select produce are locally grown and supplied by NC/SC farmers
- This menu is subject to change without notice due to deliveries and emergencies.

Vegetarian Alternative

