

BRIGHT HORIZONS AT CHRISTIANA

What's on the Menu?

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Vanilla Yogurt Peaches Water	Corn Flakes Pears Milk	Blueberry Muffins Milk	O's Cereal Mixed Fruit Milk	Graham Crackers Sun Butter Yogurt Dip Water
AFTERNOON SNACK	Animal Crackers Milk	Ranch Crackers Cheese Cubes Water	Naan Bread Cantaloupe Water	Wheat Wafers Ranch Cream Cheese Water	Tortilla Hummus Water
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	O's Cereal Bananas Milk	Biscuit Sun Butter Milk	Apple Oatmeal Bar Milk	Rice Crispy Cereal Pineapple Milk	Bagel Cream Cheese Milk
AFTERNOON SNACK	Cheese Crackers Pineapples Water	Vanilla Wafer Peaches Water	Soft Pretzel Strawberry Applesauce Water	Cheese Stick Mandarin Oranges Water	Pita Bread Salsa Water

- ▶ Milk provide for lunch daily
- ▶ Whole milk served to children ages 12-24 months
1% milk served to children 24 months and older
- ▶ All meals served pre-plated



A few food reminders

Please discuss any food allergies and/or preferences with your child's teachers.

We are a "Nut Safe" school. Please ensure that all food items from home are peanut and tree nut free. Please carefully read the ingredients on all pre-packaged food items to ensure they do not contain nuts, were not processed with nuts or possibly cross-contaminated in any way.

****Please note that Chik Fil-A is cooked in peanut oil and may not be eaten at the center.****

When sending in any food to share with other children (birthday celebrations, etc.) there are a few extra guidelines. Only whole fruit and nut safe food items in factory sealed packaging are permitted (for example pizza, cupcakes from a bakery and munchins from Dunkin Donuts are not factory sealed). Please check with an administrator for guidance and to have your food items reviewed before bringing to the classroom.

Food Storage:

Infants and Toddlers

Each individual food items must be clearly labeled with your child's **first and last name as well as the date**. All opened food items must be taken home daily.

Twos and Preschool

Individual food items must be in an enclosed storage container clearly labeled with your child's **first and last name**. Food items remaining at room temperature, are to be in an enclosed lunch box/bag with your child's **first and last name clearly visible on the outside**. Any remaining food items must be taken home daily.

Please review the Bright Horizons Food from Home Guidelines you received for further guidance. You can also access this resource at www.brighthorizons.com/enroll.