

BRIGHT HORIZONS at GMCC

What's on the Menu?



August 19-23, 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Cheerios Cereal Fresh Fruit	Vanilla Yogurt Fresh Fruit	Whole Grain Pancakes Fresh Fruit	Spinach and Feta Strata Fresh Fruit	Apple NutriGrain Bars Fresh Fruit
LUNCH	Chicken Alfredo Pasta Veggie Nuggets Steamed Sweet Peas Fresh Fruit	Beef Taco Salad Soy Crumbles Chili Lime Roasted Potatoes Fresh Fruit	Braised Kielbasa and Cabbage Veggie Patty Roasted Carrots Fresh Fruit	Broccoli Soup Ham and Cheese Pinwheels Grilled Cheese Fresh Fruit	Pulled Pork Sliders Veggie Nuggets Three Bean Salad Fresh Fruit
AFTERNOON SNACK	Lemon Peach Muffins Juice/Water	Cinnamon Twists Juice/Water	Graham Crackers and Cream Cheese Dip Juice/Water	Carrot Crudités and Ranch Juice/Water	Tomato Basil Focaccia Juice/Water
DINNER	Cheeseburger Stromboli Veggie Patty Roasted Cauliflower Fresh Fruit	Italian Ham Hoagie Roasted Cauliflower Soup Veggie Nuggets Fresh Fruit	Chicken Sliders Veggie Patty Steamed Green Beans Fresh Fruit	Bean and Cheese Burritos Steamed Sweet Corn Fresh Fruit	Pepperoni Pita Pizza Cheese Pizza Steamed Broccoli Florets 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

