



-January 2018-

Bright Horizons at Portland Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed	2 Chicken & Cheese Quesadillas w/Fresh Salsa Steamed Mixed Veggies (peas, carrots, & corn) Applesauce	3 American Chop Suey w/ Grass Fed Beef Steamed Green Beans Bananas	4 Chicken Stew W/G Buttermilk Biscuits Cucumber Slices Sliced Pears	5 Soy Butter & Strawberry Jam On W/W Bread Baby Carrots Clementine
8 W/G Bowtie Pasta w/Grilled Chicken, Organic Olive Oil, & Parmesan Cheese Steamed Mixed Veggies (peas, carrots, & corn) Diced Peaches	9 Apple Chicken Sausage w/Brown Rice & Pineapple Steamed Broccoli Apple Slices	10 Minestrone Soup W/W Oyster Crackers Cucumber Slices Pineapple Tidbits	11 Chili w/ Grass Fed Beef Monterey Jack Cheese Mini Cornbread Steamed Carrots Bananas	12 Ham or Turkey & Cheese on W/W Bread Green Pepper Strips Cantaloupe Melon
15 Homemade Mac & Cheese Steamed Green Beans Applesauce	16 Chicken Noodle Veggie Soup W/W Oyster Crackers Cucumber Slices Orange Wedges	17 Cheese Tortellini w/Butter & Parmesan Cheese Steamed Peas & Carrots Sliced Pears	18 Turkey & Cheese on W/W Wraps Baby Carrots Apple Slices	19 W/W Cheese Pizza Steamed Broccoli & Cauliflower Bananas
22 Meat Ravioli (Beef & Pork) w/Marinara Sauce & Parmesan Cheese Steamed Peas & Carrots Diced Peaches	23 Vegetarian Baked Beans W/G Buttermilk Biscuits Steamed Baby Carrots Bananas	24 Soft Chicken Taco on W/W Tortilla, Monterey Jack Cheese, & Salsa Steamed Corn Pineapple Tidbits	25 Italian Wedding Soup W/W Oyster Crackers Cucumber Slices Applesauce	26 Chicken Salad on W/W Bun Green Pepper Strips & Baby Carrots Honeydew Melon
29 Cheese Quesadillas w/Fresh Salsa & Sour Cream Steamed Broccoli Apple Slices	30 Morningstar Farm Veggie Burgers w/WG Bun & Cheese Cucumber Slices Clementine	31 Soy Butter & Strawberry Jam On W/W Bread Baby Carrots Cantaloupe		