

BRIGHT HORIZONS AT BELLEVUE

What's on the Menu?

January 22-26



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> Life Cereal Blueberries Organic milk 	<ul style="list-style-type: none"> Cinnamon Oatmeal Raspberries Organic milk 	<ul style="list-style-type: none"> Whole Grain French Toast Fruit Compote Organic milk 	<ul style="list-style-type: none"> Cheerios Cereal Blackberries Organic milk 	<ul style="list-style-type: none"> English Muffins Sunflower butter Oranges Organic milk
LUNCH	<ul style="list-style-type: none"> Beef Bolognese Green Peas Whole Grain Pasta Apples Organic Milk Lentil Bolognese 	<ul style="list-style-type: none"> Green Chicken & Potato Enchiladas Romaine Lettuce Corn Tortillas Mandarins Organic Milk Beans & Grains Patty 	<ul style="list-style-type: none"> Sweet & Sour Meatballs Green Beans ,Carrots & Mushrooms Brown Rice Honeydew Melon Organic Milk Garbanzo 	<ul style="list-style-type: none"> Three Cheese Tortellini Italian Vegetables Cottage Cheese Organic Bananas Organic milk 	<ul style="list-style-type: none"> Coconut Thai Chicken Broccoli, Carrots & Mushrooms Basmati Rice Pineapple Organic milk Tofu
AFTERNOON SNACK	<ul style="list-style-type: none"> Cottage Cheese Pears Water 	<ul style="list-style-type: none"> Pita Bread Red Pepper Hummus Water 	<ul style="list-style-type: none"> Oats & Cereal Trail Mix Dried Fruit Water 	<ul style="list-style-type: none"> Organic Yogurt Mixed Berries Water 	<ul style="list-style-type: none"> Soft Pretzels Cream Cheese Dip Water
EVENING SNACK	<ul style="list-style-type: none"> Cheddar Cheese Whole Grain Wafers Water 	<ul style="list-style-type: none"> Organic Bananas Graham Crackers Water 	<ul style="list-style-type: none"> Mozzarella Cheese Whole Grain Crackers Water 	<ul style="list-style-type: none"> Apple Cereal Bar Mandarins Water 	<ul style="list-style-type: none"> Whole Grain Vanilla Wafers Apples Water

We Serve Healthy Meals

- Vegetarian meal options available
- Fresh fruits and vegetables served daily
- All meals are baked, not fried
- Proteins include chicken, turkey, beef, pork, tofu, cheese, and beans
- Organic whole milk served to infants and toddlers
- Organic 1% milk served to young preschool, preschool, and kindergarten prep
- All meals included in the tuition
- Organic and Seasonal local items when available
- All meals served family style

V: Vegetarian Alternative

