



BRIGHT HORIZONS

THE GALLEY AT SLU

August 20th - August 24th 2018



<u>Meal Requirements</u>	<u>Monday 20th</u>	<u>Tuesday 21st</u>	<u>Wednesday 22nd</u>	<u>Thursday 23rd</u>	<u>Friday 24th</u>
<u>Breakfast</u> Juice/Fruit or Vegetable Dairy Grain	- Bagels with Raspberry Cream Cheese ^D - Organic Milk	- Blueberry Bread ^{DE} - Organic Milk	- Chex and Bananas - Organic Milk	- Three Bears Porridge with Pears and Raisins - Organic Milk	- Cranberry Orange Bread ^{DE} - Organic Milk
<u>Lunch:</u> Dairy Meat/Meat Alternative Grain 2 Fruits, 2 Vegetables, or 1 of each	-Macaroni n' Cheese ^D - Roasted Green Beans -Diced Pears - Organic Milk	-Do it Yourself Tacos with Ground Turkey -Topping Bar: Lettuce Tomato Shredded Cheddar ^D Salsa -Tropical Fruit Salad - Organic Milk	- Chicken and Corn Chowder with Potatoes, Leeks, and Celery ^{DM} - Biscuits ^D - Organic Milk	- Black Bean Enchilada Bake with Bell Pepper, Corn, and Cheddar ^D -Mandarin Oranges -Organic Milk	- Chicken Paprikash with Whole Grain Pasta ^D - Diced Peaches - Organic Milk
<u>Afternoon & Late Snack:</u> Select 2: Dairy Meat/Meat Alternative Grain Fruit or Vegetable	-Yogurt Parfait with Mango and Granola ^D - Water	-Whole Grain Soft Pretzels -Veggie Ranch Dip ^D - Water	-Cucumber Slices -Cheddar Cubes ^D -Water	-Applesauce -Graham Crackers - Water	-Multigrain Crackers -Cheddar Cubes ^D -Water
	- Flour Tortillas - Corn - Water	-Roasted Edamame -Multigrain Crackers - Water	-Banana Bread ^{DE} - Water	-Hansel&Gretel Trail Mix -Pineapple - Water	- Raisin Bread -Bananas - Water

Portions/servings are in accordance with State of Washington's food guideline requirements for children (infants through 5 years). All meals must also include a liquid. ^D = Contains Dairy, ^M = Contains Meat, ^E = Contains Egg