



Bright Horizons at Bishop Ranch October/November 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10/29-11/2	AM Snack: Cereal Fruit plate Lunch: Teriyaki tofu bowl w/ Brown rice & Spinach PM Snack: Cucumbers w/hummus	AM Snack: Eggs Toast w/fresh jam Lunch: Pasta w/lemon cream sauce Broccoli PM Snack: Apples w/yogurt dip	AM Snack: Spiced quinoa hot cereal Apples Lunch: Lemon thyme chicken Roasted brussel sprouts & carrots w/toasted pepitas PM Snack: Fruit & cheese plate	AM Snack: Muffins Pears Lunch: Chicken noodle soup w/mixed Fall vegetables Herbed biscuits PM Snack: Pumpkin bread	AM Snack: Chef's choice Lunch: Chef's choice PM Snack: Chef's choice
11/5-11/9	AM Snack: Scones Oranges Lunch: Polenta pizza Garden lettuces PM Snack: Tea bread	AM Snack: Oatmeal Apples Lunch: Pulled chicken on whole wheat rolls Cabbage slaw PM Snack: Roasted broccoli w/dip	AM Snack: Mango lassi w/spiced tea biscuits Lunch: Matar paneer Jeera rice Naan PM Snack: Pakora's w/green chutney Happy Diwali!	AM Snack: Apple bread Bananas Lunch: Tilapia Quinoa pilaf Cauliflower gremolata PM Snack: Apples & cheese	AM Snack: Chef's choice Lunch: Chef's choice PM Snack: Chef's choice

Our menu changes every two weeks and reflects the seasons. Our produce is fresh, locally grown and/or organic and is featured prominently on the menu. We serve locally sourced, hormone/antibiotic free and/or organic dairy, poultry and fish. The menu is subject to change due to availability and daily schedules. Vegetarian, vegan and allergy free options are available for substitution. **We are a nut free environment.**

Minimum Portion Sizes

	Ages 1-2	Ages 3-5
Milk	½ cup	¾ cup
Yogurt	½ cup	¾ cup
Cheese	1 oz	½ oz
Protein	1 oz	1 ½ oz
Fruit	¼ cup	½ cup
Vegetable	¼ cup	½ cup
Bread	½ slice	¾ slice
Cereal	¼ cup	1/3 cup
Crackers	¼ cup	½ cup

