

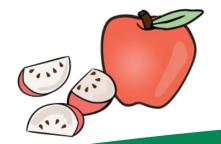
## **Bright Generations Downtown – Week of October 17th**

## What's on the Menu?

	MONDAY 10/17	TUESDAY 10/18	WEDNESDAY 10/19	THURSDAY 10/20	FRIDAY 10/21
BREAKFAST	Banana Muffins Applesauce Milk/Water	English Muffins Apple Butter Turkey Bacon Pears Milk/Water	Turkey Sausage Hash Browns Oranges Milk/Water	Whole Wheat Pancakes Blueberries Milk/Water	Rice Crispy Cereal Bananas Milk/Water
LUNCH	Pasta Mariana Bread Stick Vegetable Medley Pineapple Milk/Water	Chicken Fried Rice V-Vegetarian Fried Rice Broccoli Tropical Fruit Milk/Water	Cheese Ravioli Succotash Apricot Milk/Water	Turkey w/Gravy V-Vegetarian Patty Brown Rice Mixed Vegetable Pineapple Milk/Water	Turkey Taco w/ Lettuce & Tomato V-Vegetarian Crumble Taco Mexican Corn Watermelon Milk/Water
AFTERNOON SNACK	Cantaloupe String Cheese Water	Veggie Crackers Fruit Cups Water	Spinach Dip Pita Bread Water	Yogurt Animal Crackers Water	Sliced Apples Sun Butter Water









- All meals are baked, not fried
- Vegetarian meal options available
- Fresh fruits and vegetables served daily
- Proteins include chicken, turkey, beef, tofu, cheese, and beans
- Whole milk served to children ages 12-24 months 1% milk served to children 24 months and older
- All meals served family style