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**BRIGHT HORIZONS AT PIONEER SQUARE**

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|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST8:30-9:00 | Rice Krispy CerealBananasMilk | PancakesCream CheeseStrawberriesMilk | OatmealTurkey LinksBananasMilk | Scrambled EggsPineappleEnglish MuffinsMilk | Whole Wheat ToastFresh FruitSausages PattyMilk |
| LUNCH11:30-12:00 | Chicken TeriyakiSteamed VeggiesOrangesMilk | Chicken Tortilla SoupW/ Black BeansWatermelonMilk | Orange ChickenCantaloupeMixed VeggiesMilk | Whole Wheat SpaghettiTurkey MeatballsIn Marinara sauceHoneydew MelonMilk | Turkey CurryMixed VeggiesBrown RicePearsMilk |
| AFTERNOON SNACK2:30-3:00 | Wheat CrackersApple SauceWater  | Homemade Apple Sauce MuffinsMilk | Homemade GuacamoleWhole Wheat TortillasWater | Baby CarrotsCheese DipWater | Yogurt w/cerealWater |
| LATE SNACK4:30-5:00 | Mini BagelsCream CheeseWater | BananasCheese CubesWater | Jelly Sandwich BitesWater | Graham CrackersCottage CheeseWater | Homemade Corn MuffinsMilk |

* 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