

# BRIGHT HORIZONS AT WHEATON

## What's on the Menu?



Week of: <b>Nov. 19<sup>th</sup></b>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>Pancake</li> <li>Turkey Sausage</li> <li>Fresh Fruit</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Oatmeal</li> <li>Fresh Fruit</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Yogurt</li> <li>Granola</li> <li>Fresh Fruit</li> <li>Organic Milk</li> </ul>	Center Closed	<ul style="list-style-type: none"> <li>Corn Muffin</li> <li>Fresh Fruit</li> <li>Organic Milk</li> </ul>
<b>TODDLER MORNING SNACK</b>	<ul style="list-style-type: none"> <li>Nutrigrain Bar</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Cottage Cheese</li> <li>Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Pancake</li> <li>Turkey Sausage</li> </ul>	Center Closed	<ul style="list-style-type: none"> <li>Cheese Cubes</li> <li>Wheat Crackers</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>Chicken Parmesan</li> <li>Egg Noodles</li> <li>Broccoli</li> <li>Fresh Fruit</li> <li>Organic Milk</li> <li>V: Egg Noodles with Spaghetti Sauce</li> </ul>	<ul style="list-style-type: none"> <li>Sweet &amp; Sour Chicken</li> <li>Basmati Rice</li> <li>Peas and Carrots</li> <li>Fresh Fruit</li> <li>Organic Milk</li> <li>V: Basmati Rice with Sweet &amp; Sour Sauce</li> </ul>	<ul style="list-style-type: none"> <li>Vegetarian Chili</li> <li>Cornbread Muffin</li> <li>Fresh Fruit</li> <li>Organic Milk</li> </ul>	Center Closed	<ul style="list-style-type: none"> <li>Whole Wheat Pizza</li> <li>Green Beans</li> <li>Fresh Fruit</li> <li>Organic Milk</li> </ul>
<b>AFTERNOON SNACK</b>	<ul style="list-style-type: none"> <li>String Cheese</li> <li>Wheat Crackers</li> </ul>	<ul style="list-style-type: none"> <li>Carrot Sticks</li> <li>Ranch Dressing</li> <li>I/T: Diced Cucumber</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Cubes</li> <li>Fresh Fruit</li> <li>I/T: Sliced Cheese</li> </ul>	Center Closed	<ul style="list-style-type: none"> <li>Pita Bread</li> <li>Hummus</li> </ul>

\* Infant/Toddler Alternative

\* Vegetarian Alternative

### We Serve Healthy Meals

- Vegetarian meal options available
- Fresh fruits and vegetables served daily
- Proteins include chicken, turkey, beef, pork, cheese, and beans
- Whole milk served to Infants and Toddlers
- 1% milk served to Young Preschool, Preschool and Kindergarten Prep
- All meals are served family style

