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**\***Infant/Toddler Alternative

**\***Vegetarian Alternative

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week of: Oct 14th  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST | * Mini Bagel
* Cream Cheese
* Oranges
* Organic Milk
* Mandarin Oranges
 | * Corn Chex
* Apples Slices
* Organic Milk
* Diced Apples
 | * Oatmeal
* Pears
* Organic Milk
 | * Cheese Omelette
* Banana
* Organic Milk
 | * Apple Cinnamon Muffin
* Cantaloupe
* Organic Milk
 |
| TODDLER MORNING SNACK | * Nutrigrain Bar
* Organic Milk
 | * Mini Bagel
* Cream Cheese
* Water
 | * Corn Chex
* Diced Apples
* Milk
 | * Biscuit
* Cheese Cubes
* Water
 | * Cheese Omelette
* Whole Wheat Toast
* Water
 |
| LUNCH  | * Chicken Alfredo w/egg Noodles
* Peas & Carrots
* Cantaloupe
* Organic Milk
* Soy Crumbles
 | * Ham and Cheese Sandwich
* Sweet Potato Fries
* Mango
* Organic Milk
* Grilled Cheese
 | * Chicken Tacos
* Black Beans
* Oranges
* Organic Milk
* Whole Wheat Tortilla/Cheese Quesadilla
 | * Macaroni & Cheese w/diced chicken
* Green Beans
* Mixed Berries
* Organic Milk
* Mac & Cheese
* Mandarin Oranges
 | * Turkey & Cheese Wrap
* Sliced Cucumbers
* Pears
* Organic Milk
 |
| AFTERNOON SNACK  | * Applesauce
* Oyster Crackers
* Water
 | * Nutrigrain Bar
* Organic Milk
 | * Soft Pretzel
* Cheese Cubes
* Water
 | * Pita Bread
* Roasted Red-Pepper Hummus
* Water
 | * Veggie Bean Crackers
* Apple Sauce
 |

* 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

BRIGHT HORIZONS AT WHEATON