

# BRIGHT HORIZONS AT WHEATON

## What's on the Menu?



Week of: <b>Nov. 26<sup>th</sup></b>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>Whole Wheat Waffle</li> <li>Fresh Fruit</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Mini Bagel</li> <li>Cream Cheese</li> <li>Fresh Fruit</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Cheerios</li> <li>Fresh Fruit</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Egg Patty</li> <li>Biscuit</li> <li>Fresh Fruit</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Muffin</li> <li>Fresh Fruit</li> <li>Organic Milk</li> </ul>
<b>TODDLER MORNING SNACK</b>	<ul style="list-style-type: none"> <li>Corn Bread Muffin</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Cheese &amp; Tortilla Roll-up</li> </ul>	<ul style="list-style-type: none"> <li>Whole Wheat Waffle</li> <li>Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Cheerios</li> <li>Milk</li> </ul>	<ul style="list-style-type: none"> <li>Mini Bagel</li> <li>Cream Cheese</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>Sloppy Joe Sandwich</li> <li>Sweet Potato Fries</li> <li>Fresh Fruit</li> <li>Organic Milk</li> <li>V: Veggie Patty Sandwich</li> </ul>	<ul style="list-style-type: none"> <li>Grilled Chicken Nuggets</li> <li>Vegetarian Beans</li> <li>Fresh Fruit</li> <li>Organic Milk</li> <li>V: Cheese Sandwich</li> </ul>	<ul style="list-style-type: none"> <li>Grilled Cheese Sandwich</li> <li>Roasted Broccoli</li> <li>Fresh Fruit</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Alfredo</li> <li>Egg Noodles</li> <li>Peas and Carrots</li> <li>Fresh Fruit</li> <li>Organic Milk</li> <li>V: Egg Noodles with Alfredo Sauce</li> </ul>	<ul style="list-style-type: none"> <li>Turkey Meatball Sub Sandwich</li> <li>Green Beans</li> <li>Fresh Fruit</li> <li>Organic Milk</li> <li>V: Veggie Patty</li> </ul>
<b>AFTERNOON SNACK</b>	<ul style="list-style-type: none"> <li>Graham Crackers</li> <li>Cream Cheese</li> </ul>	<ul style="list-style-type: none"> <li>String Cheese</li> <li>Wheat Crackers</li> <li>I/T: Sliced Cheese</li> </ul>	<ul style="list-style-type: none"> <li>Nutrigrain Bar</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Homemade Blueberry Snack Cake</li> <li>Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Soft Pretzel</li> <li>Cheese Sauce</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

