

Winter Menu January 29th – Feb 2nd

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Breakfast Fruit Bars Fresh Fruit 1% and Whole Milk Water	Oatmeal and Peaches 1% and Whole Milk Water	Yogurt with Granola Fresh Berries 1% and Whole Milk Water	Biscuits and Turkey Sausage 1% and Whole Milk Water	Whole Grain Muffins Fresh Fruit 1% and Whole Milk Water
Lunch	Pasta and Marinara Sauce Green Beans 1 % and Whole Milk Water	Teriyaki Chicken Asian Vegetables and Brown Rice 1 % and Whole Milk Water	Meatball Subs Sweet Potato Fries 1% and Whole Milk Water	Beef Tacos Shredded Cheese and Lettuce Buttered Corn 1% and Whole Milk Water	Vegetarian Vegetable Soups Oyster Crackers Cubed Cheese 1% and Whole Milk Water
Afternoon Snack	Apples and or Applesauce & Water	Fresh Fruit & Water	Crackers and String Cheese & Water	Fresh Fruit & Water	Graham Crackers & Water



**Bright Horizons
Plaza of the Americas**



Winter Menu February 5th thru 9th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Breakfast Fruit Bars Fresh Fruit 1% and Whole Milk Water	Oatmeal and Fresh Fruit 1% and Whole Milk Water	Yogurt with Granola Fresh Berries 1% and Whole Milk Water	Hard Boiled Eggs English Muffins with Jelly 1% and Whole Milk Water	Whole Grain Muffins Fresh Fruit 1% and Whole Milk Water
Lunch	Pasta with Alfredo Sauce Steamed Broccoli 1 % and Whole Milk Water	Turkey Chilli Corn Bread Muffins Mixed Vegetables 1 % and Whole Milk Water	Beef Meatloaf and Gravy Mashed potatoes Green Beans 1% and Whole Milk Water	Bean Tacos Shredded Cheese and Lettuce Buttered Corn 1% and Whole Milk Water	Cheese Pizza Sliced Vegetables and Ranch 1% and Whole Milk Water
Afternoon Snack	Apples and or Applesauce & Water	Fresh Fruit & Water	Crackers and String Cheese & Water	Fresh Fruit & Water	Graham Crackers & Water



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