Bright Horizons at Capital City

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| WEEK 1January 29- February 2February 19- February 23 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| AM SNACK | Raisin Bagel with cream CheeseFresh Apples | CerealRaisinsMilk | Turkey Sausage BiscuitFresh OrangesMilk | CerealBananas Milk | French Toast CasseroleFresh ApplesMilk |
| LUNCH | Chicken Noodle Soup with veggiesRollFresh Melon Milk | Cheesy Turkey MarzettiMixed VegetablesBaked ApplesMilk | Chicken Burrito w/ Brown RiceFiesta Corn with Black BeansMango & BerriesMilk | Macaroni & CheeseVegetable MedleyFresh WatermelonMilk | Turkey Meatballsw/BBQ sauceGarlic Bread StickGreen BeansFresh MelonMilk |
| PM SNACK | Zucchini BreadWater | English Muffins & Wow ButterWater | House Made Veggie Dip/Lil CarrotsWater | Graham Crackers/Berry Yogurt Water | Tortilla Scoops and SalsaWater |



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* Whole Milk (Infant and Toddler) and 1% milk (preschool/K Prep) with AM snack and lunch
* Water served with PM snack and offered continually throughout the day

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| WEEK 3January 22- January 26February12- February 16 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| AM SNACK | Blueberry Bagels/Cream CheeseFresh Apples Milk | CerealRaisinsMilk | Soft Breakfast TacoBananasMilk | CerealFresh OrangesMilk | Yogurt w/ Tropical FruitWater |
| LUNCH | Cheeseburger & BunPicnic Baked BeansFresh WatermelonMilk | Spaghetti &MeatballsChopped Salad w/ Italian DressingFresh Melon Milk | Season Roasted Chicken SandwichRoasted VeggiesFresh StrawberriesMilk | Grilled CheeseTomato SoupGreen BeansMilk | Cheese PizzaPepperoni SlicesVegetable MedleyApplesauceMilk |
| PM SNACK | Fruit SconeWater | Apple Wedges/Greek Yogurt DipWater | Graham CrackersCinnamon ApplesauceWater | Veggies/Lite Ranch DipWater | House Banana MuffinsWater |

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| WEEK 2January 15- January 19February 5-February 9 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| AM SNACK | Blueberry Mini MuffinsFresh OrangesMilk  | CerealRaisinsMilk | Maple Oatmeal w/ CraisinsFresh Apples Milk | CerealBananasMilk | BiscuitBaked ApplesMilk |
| LUNCH | Meatball Slider on French RollSweet PotatoesFresh WatermelonMilk | Cheese PizzaPepperoni SlicesCarrotsMandarin OrangesMilk | Turkey Soft TacosCheese & SalsaFiesta Corn with Black BeansFresh MelonMilk | Tortellini CasseroleBroccoliFresh StrawberriesMilk | Sweet & Sour Chickenwith RiceAsian Blend VeggiesPineapples & MangoMilk |
| PM SNACK | Pita Triangles/Tropical SalsaWater | House Made Trail MixWater | PineappleCottage CheeseWater | Yogurt withGranolaWater | Wheat Crackers& String CheeseWater |