

# BRIGHT HORIZONS AT WHEATON

## What's on the Menu?



Week of: Oct 7 <sup>th</sup>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>▪ Cheese Scrambled Eggs</li> <li>▪ Orange Slices</li> <li>▪ Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ French Toast Sticks</li> <li>▪ Banana</li> <li>▪ Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Oatmeal</li> <li>▪ Apple Slices</li> <li>▪ Organic Milk</li> <li>▪ Diced Apples</li> </ul>	<ul style="list-style-type: none"> <li>▪ Turkey Sausage</li> <li>▪ Biscuit</li> <li>▪ Banana</li> <li>▪ Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Apple-Cinnamon Muffin</li> <li>▪ Pears</li> <li>▪ Organic Milk</li> </ul>
<b>TODDLER MORNING SNACK</b>	<ul style="list-style-type: none"> <li>▪ Mini Bagel</li> <li>▪ Cream Cheese</li> <li>▪ Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Scrambled Eggs</li> <li>▪ Oranges</li> <li>▪ Water</li> </ul>	<ul style="list-style-type: none"> <li>▪ Cinnamon Raisin Bagel</li> <li>▪ Water</li> </ul>	<ul style="list-style-type: none"> <li>▪ French Toast Sticks</li> <li>▪ Diced Apples</li> <li>▪ Water</li> </ul>	<ul style="list-style-type: none"> <li>▪ Nutri-grain Bar</li> <li>▪ Organic Milk</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>▪ Cheese Pizza</li> <li>▪ Cauliflower</li> <li>▪ Watermelon</li> <li>▪ Organic Milk</li> <li>▪ Veggie Burger</li> </ul>	<ul style="list-style-type: none"> <li>▪ Sweet and Sour Chicken</li> <li>▪ Rice Pilaf</li> <li>▪ Broccoli</li> <li>▪ Mango</li> <li>▪ Organic Milk</li> <li>▪ Soy Crumbles</li> </ul>	<ul style="list-style-type: none"> <li>▪ Turkey and Cheese Sub Sandwich</li> <li>▪ Tomato-Cucumber Salad</li> <li>▪ Pears</li> <li>▪ Organic Milk</li> <li>▪ Cheese Sub Sandwich</li> </ul>	<ul style="list-style-type: none"> <li>▪ Grilled Cheese Sandwich</li> <li>▪ Mixed Vegetables</li> <li>▪ Cantaloupe</li> <li>▪ Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Macaroni &amp; Cheese</li> <li>▪ Peas &amp; Carrots</li> <li>▪ Oranges Slices</li> <li>▪ Organic Milk</li> </ul>
<b>AFTERNOON SNACK</b>	<ul style="list-style-type: none"> <li>▪ Cornbread Muffin</li> <li>▪ Apple Slices</li> <li>▪ Water</li> </ul>	<ul style="list-style-type: none"> <li>▪ Pita Bread</li> <li>▪ Soy Nut Butter</li> <li>▪ Water</li> </ul>	<ul style="list-style-type: none"> <li>▪ Nilla Wafers</li> <li>▪ Apple Sauce</li> <li>▪ Water</li> </ul>	<ul style="list-style-type: none"> <li>▪ Cucumber Slices</li> <li>▪ Red-Pepper Hummus</li> <li>▪ Water</li> </ul>	<ul style="list-style-type: none"> <li>▪ Soft Pretzel</li> <li>▪ Cheese Cubes</li> <li>▪ Water</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

