

# BRIGHT HORIZONS AT URBAN PLAZA

## SAMPLE MENU

# What's on the Menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> <li>Whole Wheat Bagel</li> <li>Cream Cheese</li> <li>Orange Slices</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Breakfast Pizza with Yogurt</li> <li>Berry Mixed</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Scramble Eggs</li> <li>English Muffins</li> <li>Raspberries</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Cream of Wheat</li> <li>Blueberries</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Crispy Rice Cereal</li> <li>Fresh Banana</li> <li>Organic Milk</li> </ul>
LUNCH	<ul style="list-style-type: none"> <li>Cheese Flatbread Pizza</li> <li>Fresh Broccoli</li> <li>Fresh Pineapple</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Baked BBQ Chicken</li> <li>Roasted Corn &amp; Peppers</li> <li>Buttermilk Biscuit</li> <li>Melon Bowl</li> <li>Organic Milk</li> <li>BBQ Lentils</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Low-Mein Noodle Stir-fry with Broccoli, Mushroom and Carrots</li> <li>Mandarin Oranges</li> <li>Organic Milk</li> <li>Organic Tofu</li> </ul>	<ul style="list-style-type: none"> <li>Three Cheese Quesadillas with Whole Grain Flour Tortilla</li> <li>Peas</li> <li>Fresh Apple Slices</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Grilled Chicken Breast Nuggets</li> <li>Whole-Grain Bun</li> <li>Baked Sweet potato Fries</li> <li>Watermelon</li> <li>Organic Milk</li> <li>Veggie sausage</li> </ul>
AFTERNOON SNACK	<ul style="list-style-type: none"> <li>Cottage Cheese</li> <li>Fruit Salad</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Cream Cheese, Black Beans and Corn Pinwheels</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Made Pumpkin and Cranberry Muffins</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Steam Broccoli</li> <li>Tzatzitki Dip</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Made Blueberry Muffins</li> <li>Water</li> </ul>
EVENING SNACK	<ul style="list-style-type: none"> <li>Bananas</li> <li>WG Vegetables &amp; Beans Crackers</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Cereal Bars</li> <li>Pears</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Cheddar Cheese</li> <li>Whole Wheat Wafers</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>WG Cheese Crackers</li> <li>Mandarins</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Whole Wheat Pita Bread</li> <li>Red Pepper Hummus</li> <li>Water</li> </ul>

■ Vegetarian Alternative

- ▶ All meals are baked, not fried
- ▶ Vegetarian meal options available
- ▶ Fresh fruits and vegetables served daily
- ▶ Proteins include chicken, turkey, beef, tofu, cheese, and beans
- ▶ Organic whole milk served to infants and toddlers
- ▶ Organic 1% milk served to young preschool, preschool, and kindergarten prep
- ▶ All meals served family style and are included in the tuition

