



Bright Horizons at Bishop Ranch January/February 2018



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/22-1/26	AM Snack: Bagels w/cream cheese Oranges Lunch: Eggs baked in polenta w/salsa verde Garden salad PM Snack: Fruit & oat bars	AM Snack: Granola w/toasted seeds & dried fruit Milk/yogurt Lunch: Hot & sour soup Scallion cakes PM Snack: Molasses bread	AM Snack: Toast w/apple butter Bananas Lunch: Quinoa pilaf w/lentils Roasted beets w/cilantro vinaigrette & toasted sesame seeds PM Snack: Avocado dip w/pita chips	AM Snack: Muffins Tangerines Lunch: Parmesan chicken Roasted potatoes Carrots & Cauliflower perisillade PM Snack: Fruit & cheese plat	AM Snack: Chef's choice Lunch: Chef's choice PM Snack: Chef's choice
1/29-2/2	AM Snack: Old fashioned oatmeal Apples Lunch: Tilapia in papiote w/fennel & leeks Potato puree PM Snack: Fruit smoothies	AM Snack: Eggs in toast w/fresh salsa Lunch: Chicken & mushroom stir fry Barley pilaf Pineapple salad PM Snack: Crudités w/creamy herb dip	AM Snack: Fruit salad Lunch: Enchiladas Beans & Spanish rice Avocado salad PM Snack: Upside-Down apple bread	AM Snack: Cereal Bananas Lunch: Baked russets Herb butter, cheese, sour cream & black beans Oranges PM Snack: Trail mix	AM Snack: Chef's choice Lunch: Chef's choice PM Snack: Chef's choice

Our menu changes every two weeks and reflects the seasons. Our produce is fresh, locally grown and/or organic and is featured prominently on the menu. We serve locally sourced, hormone/antibiotic free and/or organic dairy, poultry and fish. The menu is subject to change due to availability and daily schedules. Vegetarian, vegan and allergy free options are available for substitution. **We are a nut free environment.**

Minimum Portion Sizes

	Ages 1-2	Ages 3-5
Milk	½ cup	¾ cup
Yogurt	½ cup	¾ cup
Cheese	1 oz	½ oz
Protein	1 oz	1 ½ oz
Fruit	¼ cup	½ cup
Vegetable	¼ cup	½ cup
Bread	½ slice	¾ slice
Cereal	¼ cup	1/3 cup
Crackers	¼ cup	½ cup

