



Bright Horizons at Renton with Chef Garson

February 5th-9th 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack Select 2 of 4 Groups: (1) Grain/Bread (2) Fruit/Veggie (3) Milk/Fluid (4) Meat/ meat alternative	Whole Wheat Cereal, Fruit, Organic Milk	Fruit Pancakes, Organic Milk	Cream of Wheat w/fruit, Organic Milk	Oatmeal w/ fruit, Organic Milk	Oatbars, Fruit Smoothies
Lunch: Select 4 Groups: (1) Grains/Breads (2) Fruit/Veggie ** **(2 or more) (3) Milk/Fluid (4) Meat/ meat alternative (5) Extras	Grilled Cheese, Tomato Soup, Fruit, Organic Milk	Arroz Con Pollo, Fruit, Organic Milk	Turkey Sheppard's Pie, Fruit, Organic Milk	Kale Pesto Alfredo, Tri-color Tortellini, Homemade Rolls, Fruit, Organic Milk	Homemade Pizza, Roasted Vegetables, Fruit, Organic Milk
PM Snack: Select 2 of 4 Groups: (1) Grain/Bread (2) Fruit/Veggie (3) Milk/Fluid (4) Meat/ meat alternative	Whole Wheat Bagel w/Fruit Cream Cheese	Cottage Cheese and Fruit	Hard Boiled Eggs and Fruit	Hummus and Naan Bread	Pumpkin Bread
Late Snack: Select 2 of 4 Groups: (1) Grain/Bread (2) Fruit/Veggie (3) Milk/Fluid (4) Meat/ meat alternative	Whole Wheat Crackers and String Cheese	Whole Wheat Crackers and Fruit	Cheese Cubes and Fruit	Graham Crackers and Fruit	Whole Wheat Crackers and Cheese Cubes