

Bright Horizons at Belltown

Week 2

What's on the Menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 8:30 – 9:00	Pancake Fruit Compote Milk	Special K Cereal Banana Milk	Yogurt Raspberry Milk	Cinnamon Raisin Bagel Pumpkin Whipped Cream Cheese Strawberries Milk	Sausage Biscuit Orange Milk <i>*Meatless Sausage*</i>
LUNCH 11:30 – 12:00	Pulled BBQ Chicken Sliders Broccoli Honeydew Milk <i>*3-Grain Veggie Slider*</i>	Tofu Chorizo Flavor Tacos Black Beans, Cheese Mango Milk	Chicken Curry w/ Peas, Carrots, Potatoes, Broccoli Basmati Rice Pears Milk <i>*Tofu Curry*</i>	Southwest Tofu Lentil Soup Roll Apple Slices Milk	Pasta w/ Chicken Meatballs & Red Sauce Banana Milk <i>*Meatless Meatballs*</i>
AFTERNOON SNACK 2:30 – 3:00	Strawberry Banana Muffin Water	Crispy Cheese Cakes Kale Artichoke Dip Water	Carrot Sticks Hummus Water	Crispy Parmesan Edamame Water	Apple Slices Sun Butter Water
LATE SNACK 4:30 – 5:00	Pita Slices Cucumber Yogurt Dip Water	Berry Spinach Smoothie Graham Crackers Water	Baked Cinnamon Apple Water	Cucumber Slices Cheese Sticks Water	Parmesan Naan Marinara Water



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- ▶ 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
- ▶ Whole milk served to children ages 12 – 24 months
- ▶ 1% milk served to children 24 months and older
- ▶ All meals served family style

■ Vegetarian Alternative

