

Bright Horizons @ Atlantic Station

May 2018

| Monday | Tuesday 5/1/2018 | Wednesday 5/2/2018 | Thursday 5/3/2018 | Friday 5/4/2018 |
|--------|---|---|--|---|
| | Turkey Sausage English Muffin Mangos Milk/ Water | Cereal Blueberries Milk/ Water | Grits Applesauce Milk/ Water | Bagels/w Cream Cheese Pears Milk/ Water |
| | Turkey Meatball Rice Green Beans Cantaloupe Milk/ Water | Baked Chicken Roasted Potatoes Carrots Pineapples Milk/ Water | Cheese Ravioli Peas Fresh Orange Slices Milk/ Water | Chicken Tacos Black Beans Lettuce, Tomato, Salsa Cheese Mango Milk/ Water |
| | Fresh Fruit Water | Chips & salsa Water | Pineapple String cheese Water | Fruit yogurt Water |

| Monday 5/7/2018 | Tuesday 5/8/2018 | Wednesday 5/9/2018 | Thursday 5/10/2018 | Friday 5/11/2018 |
|---|--|---|--|--|
| Boiled Eggs Sausage Peaches Milk/ Water | Pancakes Blueberries Milk/ Water | Cheerios Banana Milk/ Water | Grits Strawberries Milk/ Water | Hash Browns & Turkey Bacon Pears Milk/ Water |
| BBQ Chicken Roasted potatoes Green Peas Pears Milk/ Water | Meatball (Turkey) Sub Green Beans Peaches Milk/ Water | Chicken Finger Broccoli Cantaloupe Milk/ Water | Bake Ziti Peas & Carrots Apple Milk/ Water | Cheese Quesadilla Broccoli Orange Milk/ Water |
| Fresh Fruit Water | Pita w/ Humus Water | Breadstick & Apple Butter Water | Corn Muffin Water | Applesauce & Graham Crackers Water |

| Monday 5/14/2018 | Tuesday 5/15/2018 | Wednesday 5/16/2018 | Thursday 5/17/2018 | Friday 5/18/2018 |
|--|--|---|--|---|
| Chicken Biscuits & Jelly Mango Milk/ Water | French Toast Pears Milk/ Water | Bagels w/ Cream Cheese Peaches Milk/ Water | Banana Muffins Cantaloup Milk/ Water | Cornflakes Bananas Milk/ Water |
| Cheese Ravioli Peas Fresh Orange Slices Milk/ Water | Chicken Alfredo Peas & Carrots Apples Milk/ Water | Chicken, Broccoli & Cheese Casserole Oranges Milk/ Water | Meatloaf (Turkey) Mashed Potato Green Beans Applesauce Milk/ Water | Chicken Sliders with Lettuce & Tomatoes Potato Bits Pineapple Milk/ Water |
| Yogurt String Cheese Water | Cornbread Muffin Water | Chips & Salsa Water | Pretzel Sticks Water | Chex Trail Mix (No Nuts) Water |


*Menus subject to change upon availability of products. * Canned fruit is served in its own juice.

*Water is offered daily. *All juice served is 100% fruit juice!

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| Monday 5/21/2018 | Tuesday 5/22/2018 | Wednesday 5/23/2018 | Thursday 5/24/2018 | Friday 5/25/2018 |
|--|--|---|---|---------------------------------------|
| Muffins Pears Milk/ Water | Scrambled Eggs Toast Applesauce Milk/ Water | Chicken Biscuits Cantaloupe Milk/ Water | Pancakes Blueberries Milk/ Water | Cereal Bananas Milk/ Water |
| Baked chicken Roasted potatoes Green beans Pineapple Milk/ Water | Baked Ziti Green Salad Peaches Milk/ Water | Cheese Burger Sliders with Lettuce and Tomatoes French Fries Apple Milk/ Water | Chicken, Broccoli & Cheese Casserole Oranges Milk/ Water | Pizza Peas Mango Milk/ Water |
| Cornbread Muffin Water | Pita Bread w/ Humus Water | Mandarin Oranges Ritz Crackers Water | Fresh Fruit Water | Cheese & Crackers Water |

| Monday 5/28/2018 | Tuesday 5/29/2018 | Wednesday 5/30/2018 | Thursday 5/31/2018 | Friday |
|---|---|--|-----------------------|--------|
| Center Closed | Grits Turkey Sausage Milk/ Water | Cereal Bananas Milk/ Water | | |
|  | Chicken Flat Bread Green Salad Peaches Milk/ Water | Cheese Ravioli Peas Fresh Orange Slices Milk/ Water | | |
| Center Closed | Watermelons Water | Blueberry Muffins Water | | |

****Vegetarian Substitution****

Tofu, veggie sausage, soy chicken nuggets, or beans will be substituted for any menu item that is not allowed for vegetarians. Please let your child's teacher and a member of management know if this is the option for your child.

Nutrition Tips

Make Fruit More Appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.

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Breakfast Fact

Compared to children who skip breakfast, a study showed that children who ate breakfast:

- Performed better at school and
- Recorded higher test scores.
- Reduced absenteeism and tardiness

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Vegan Alternate Menu

Breakfast

Banana Muffins

Fresh Fruit

Soy Cheese Slices

Veggie Sausage

Potato Hash

Lunch

Avocado Reuben

Spinach Salad with Mandarin Orange Slices

Tofurky Sandwich w/ lettuce and tomato

Vegan Chili

Italian Eggplant Sandwich

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