

Fall/Winter Menu

Bright Horizons at Cranbury

January 15th – January 19th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Served with Milk	Whole Grain Corn Muffin Pears	Whole Grain Bagel with Greek Yogurt Cream Cheese Peaches	Whole Grain Crispix Banana	Greek Yogurt With Fruit	Honey Wheat English Muffin with Grape Jelly Applesauce
LUNCH Served with Milk	Potato and Cheese Pierogies Green Beans Applesauce	BBQ Chicken Slider on Whole Grain Bun Fresh Vegetables with Lite Ranch Dressing Pears	Baked Macaroni and Cheese with Whole Grain Pasta Crinkle Cut Carrots Mixed Fruit	Cheesy Beef Chili Cornbread Fresh Oranges Slices	Teriyaki Chicken Brown Rice Mixed Vegetables Mixed Fruit
MEAT SUBSTITUTION	None	Cheese Quesadilla on a Whole Wheat Tortilla	None	Vegetarian Cheesy Bean Chili	Vegetable Teriyaki Burger
AFTERNOON SNACK Served with Water	Wheat Crackers Pineapple	Whole Grain Blueberry Lemon Bites Applesauce	Nutrigrain Bar Pineapple	Whole Grain Graham Crackers Mixed Fruit	Cinnamon Apple Ricecakes Pears

Menu is subject to change without notice.

