

BRIGHT HORIZONS at GMCC

What's on the Menu?



November 11-15, 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Corn Flake Cereal Fresh Fruit	Cinnamon Waffles Fresh Fruit	Sausage and Cheese Biscuits Fresh Fruit	Cinnamon Apple Breakfast Bars Fresh Fruit	Breakfast Burritos Fresh Fruit
LUNCH	Alfredo Cavatappi Steamed Sweet Peas Fresh Fruit	Beef Taco Salad Soy Crumbles Roasted Corn and Sweet Potatoes Fresh Fruit	Braised Cabbage and Kielbasa Veggie Patty Roasted Carrots and Potatoes Fresh Fruit	BBQ Chicken Pita Pizza Veggie Pizza Steamed Green Beans Fresh Fruit	Baked Tilapia Tofu Fish Cauliflower Gratin Fresh Fruit
AFTERNOON SNACK	Spiced Banana Bread Juice/Water	String Cheese and Melon Juice/Water	Fruit Smoothies and Graham Crackers Juice/Water	Sweet Potato Snickerdoodles Juice/Water	Strawberry Jell-O Juice/Water
DINNER	Gravy Biscuits Veggie Nuggets Steamed Spinach Fresh Fruit	Ham and Potato Casserole Veggie Patty Steamed Green Beans Fresh Fruit	Sausage and Pepper Pasta Buttered Noodles Roasted Cauliflower Fresh Fruit	Broccoli Soup Grilled Cheese Fresh Fruit	Spanish Rice Casserole Soy Crumbles Steamed Corn Fresh Fruit

We Serve Healthy Meals

- Fresh fruits and vegetables served daily
- All meals are baked, not fried
- Proteins include chicken, turkey, beef, tofu, cheese, and beans
- Organic Milk served to all children Toddlers through Kindergarten Prep
- All meals served family style
- Select produce are locally grown and supplied by NC/SC farmers
- This menu is subject to change without notice due to deliveries and emergencies.

Vegetarian Alternative

