

BRIGHT HORIZONS AT FISHKILL / Menu

What's on the Menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	AM: Unsweetened applesauce w/ cinnamon sprinkle PM: Trail Mix	AM: Vegetable crackers w/ cheese PM: Fresh seasonal fruit w/ sun butter	AM: Fresh vegetables w/ ranch dressing PM: Nutri-Grain bar	AM: Sweet Potato Crackers w/cheese PM: Greek Yogurt Parfait	AM: Turkey and Cheese Roll Ups PM: Fresh fruit w/whole grain crackers
WEEK 2	AM: Naan bread w/ hummus PM: Cheese sticks w/ raisins	AM: Fresh vegetables w/ ranch dressing PM: Sweet Potato Crackers w/ cheese	AM: Nutri-Grain bar PM: Turkey & Cheese Roll ups	AM: Unsweetened applesauce w/ cinnamon sprinkle PM: Vegetable crackers w/ cream cheese	AM: Greek yogurt parfait PM: Trail mix
WEEK 3	AM: Fresh vegetables w/ hummus PM: Nutri-Grain Bars	AM: Naan w/ Fresh fruit PM: Turkey and Cheese Roll Ups	AM: Whole Grain cracker w/ cream cheese PM: Unsweetened applesauce w/ cinnamon sprinkle	AM: Naan bread w/ hummus PM: Cheese sticks w/ raisins	AM: Whole grain Muffin PM: Naan bread w/ hummus
WEEK 4	AM: Trail Mix PM: Fresh fruit w/Greek yogurt	AM: Unsweetened applesauce w/ cinnamon sprinkle PM: Naan w/ fruit preserves	AM: Whole grain Muffin PM: Cheese sticks w/ raisins	AM: Fresh veggies w/ hummus PM: Turkey and Cheese Roll Ups	AM: Nutri-Grain bar PM: Whole Grain crackers w/cream cheese



- ▶ Whole ORGANIC milk served to children ages 12-24 months
1% ORGANIC milk served to children 24 months and older
- ▶ All meals served family style
- ▶ Water available throughout the day and served with snacks
- ▶ Fresh fruit can be: Strawberries, Raspberries, Blueberries, Banana, Blackberries, Watermelon, Cantaloupe, Honeydew, Apples, Pears, Pineapple, Oranges, Bananas, Kiwi, Nectarines and Mango.
- ▶ Vegetables can be: Red/yellow peppers, broccoli, cucumbers, carrots, lettuce, sugar snap peas, tomato
- ▶ Subject to change



