

BRIGHT HORIZONS @ GLENLAKE

WEEKLY MEALS MENU

FEBRUARY 2020

MONDAY February 3	TUESDAY February 4	WEDNESDAY February 5	THURSDAY February 6	FRIDAY February 7
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Yogurt Fruit Milk Non- Dairy: Oatmeal	Cinnamon Raisin Toast Turkey Sausage Fresh Fruit Milk Vegetarian Option: Veggie Sausage	Rice Crispy Cereal Fresh Fruit Milk	Pancakes E Fresh Fruit Milk Eggless Option: Raisin Toast	Spiced Oatmeal Peaches Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Salmon Alfredo Vegetables Fruit Milk Vegetarian/ Non- Dairy Option: Veggies with Rice and Peas	Vegetable Fried Rice Fruit Milk	Southwest Veggie Quesadilla Fruit Milk Non-Dairy Option: Veggie Quesadilla w/o Cheese	Turkey Meatloaf w/ Red Sauce Vegetable Fruit Milk Vegetarian Option: Veggie Pattie	Macaroni and Cheese w/ Broccoli Fruit Milk Non-Dairy Option: Macaroni Noodles with Veggies
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Chex Party Mix Water	Angel Food Cake w/ Strawberries Water	Vanilla Wafers Water	Graham Crackers Water	Granola Bars Water

Menus subject to change upon availability of products. Water is offered daily. Organic Whole Milk is served to Toddlers for Breakfast and Lunch. 1% Organic Milk is served to all other age groups for Breakfast and Lunch.

E - Indicates contains or may contain eggs



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WEEKLY MEALS MENU

FEBRUARY 2020

MONDAY February 10	TUESDAY February 11	WEDNESDAY February 12	THURSDAY February 13	FRIDAY February 14
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Scrambled Eggs w/ Cheese E Fresh Fruit Milk Eggless/ Non-Dairy Option: Raisin Toast	Biscuits and Gravy Fruit Milk	Chex Cereal Fresh Fruit Milk	Potatoes w/ Peppers and Onions Fruit Milk	Assorted Muffins Fresh Fruit Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken and Rice Casserole w/ Vegetable Fruit Milk Vegetarian/Non- Dairy Option: Vegetables and Rice	Cheese Pizza Vegetable Fruit Milk Non-Dairy Option: Veggie Pizza	Shepard's Pie Vegetables Fruit Milk Non-Dairy Option: Mixed Vegetables	Turkey and Cheese Sandwiches Vegetable Fruit Milk Non- Dairy/Vegetarian Option: Vegetable Wraps w/Spinach	Alfredo Pasta w/ Broccoli Fruit Milk Non-Dairy Option: Pasta w/ Vegetable
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Animal Crackers Water	Teddy Grahams Water	Pita Chips Water	Churros Water	Crackers w/ Sliced Cheese Water

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FEBRUARY 2020

MONDAY February 17	TUESDAY February 18	WEDNESDAY February 19	THURSDAY February 20	FRIDAY February 21
CENTER CLOSED	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	Cream of Wheat Fruit Milk	Bagels w/cream cheese Fresh Fruit Milk Non-Dairy Option: Raisin Toast	Corn Muffins Fruit Milk	Honey Graham Cereal Bananas Milk
CENTER CLOSED	LUNCH	LUNCH	LUNCH	LUNCH
	Spaghetti w/ Garlic Bread Vegetable Fresh Fruit Milk	Baked Fish Vegetable Fruit Milk Veggie Option: Veggie Pattie	Pasta Primavera Vegetable Fruit Milk	Chicken Pot Pie w/ Vegetables Fresh Fruit Milk Vegetarian Option: Vegetable Pot Pie
CENTER CLOSED	PM SNACK	PM SNACK	PM SNACK	PM SNACK
	Assorted Muffins	Carrots w/ Ranch Dressing -E Water	Goldfish Crackers Water	Cheex Party Mix Water

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FEBRUARY 2020

MONDAY February 24	TUESDAY February 25	WEDNESDAY February 26	THURSDAY February 27	FRIDAY February 28
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
French Toast Sticks ^E Fruit Milk Eggless Option: Cinnamon Toast	Yogurt Mixed Berries Milk	Grits Turkey Bacon Fresh Fruit Milk Vegetarian Option: Veggie Sausage	Spiced Oatmeal Peaches Milk	Vegetable Frittata w/ Spinach and Peppers Fruit Milk Eggless Option: Raisin Toast
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Curry w/ Rice Vegetable Fresh Fruit Milk Vegetarian Option: Veggie Patties	Baked Ravioli w/ Spinach Vegetable Fresh Fruit Milk Non-Dairy Option: Pasta w/ Vegetables	Vegetable Fried Rice Fresh Fruit Milk	Chicken Tenders Tater Tots Fruit Milk Vegetarian Option: Veggie Patties	Grilled Cheese Sandwiches Vegetable Fruit Milk Non-Dairy Option: Vegetable Sandwiches
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Hummus w/ Pita Chips Water	Granola Bars Water	Broccoli w/ Cheese Water	Vanilla Wafers Water	Graham Crackers Water

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