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**Bright Horizons at the Y**

**Weekly Menu (3)**

**May 7th – May 11th**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |  |
| **Breakfast** | WW English Muffins  Mandarin Oranges  Milk | Cereal  Peaches  Milk | Apple Cinnamon Muffin  Banana  Milk | Oatmeal  Pineapple  Milk | Raisin Toast  Blueberries  Milk | **Meet our Cook Ms. Maria**    **Wisconsin State Certified**  **Partnership for Healthier America Nutrition and Meal Guidelines Trained**  **Chef Phillip** |
| **10:00 am Snack**  **(Transition, Preschool, Kindergarten Prep Classrooms Only)** | Graham Crackers  Water | Graham Crackers  Water | Graham Crackers  Water | Graham Crackers  Water | Graham Crackers  Water |
| **Lunch** | Grilled Cheese  Tomato Soup  Banana  Milk | Turkey with Gravy  Brown Rice  Vegetable Blend  Strawberries  Milk | Baked Chicken  WW Noodles  Zucchini and Tomatoes  Mixed Fruit  Milk | Diced Ham, Potato, Cheese Casserole  Green Beans  Pears  Milk | Sloppy Joes  WW Bun  Mixed Vegetables  Mixed Berries  Milk |
| **Vegetarian Substitute** | Grilled Cheese | Veggie Strips | Veggie Patty | Cheese Potato Casserole | BBQ Veggie Crumbles |
| **Afternoon Snack** | Dried Fruit  String Cheese | Yogurt  Banana | Cottage Cheese  Blueberries | WW Crackers  Hard Boiled Egg | Nutri-Grain Bar  Peaches |

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**Healthy Meals**

* **Vegetarian Meal Options.**
* **Fresh Fruits and Vegetables Served Every Day.**
* **All Raw Vegetables are cooked for children under the age of 3 years.**
* **All Meals are Baked Not Fried.**
* **Proteins Include Chicken, Turkey, Beef, Tofu, Cheese and Beans.**
* **Whole Milk Served to Infants and Toddlers.**
* **1% Milk Served to Young Preschool, Preschool and Kindergarten Prep.**
* **Evening Snack is provided in the lobby every day.**
* **All Meals are Included in the Tuition.**
* **All Meals are Served Family Style.**

**!**

**I/T: Infant/Toddler Alternative**

**V: Vegetarian Alternative**