

BRIGHT HORIZONS AT SAMMAMISH

What's on the Menu?



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Centerwide: 7:30 - 8:30 a.m.	<ul style="list-style-type: none"> Whole grain cereal Organic fruit Organic milk 	<ul style="list-style-type: none"> Bran muffin Organic fruit Organic milk 	<ul style="list-style-type: none"> Whole grain cereal Organic fruit Organic milk 	<ul style="list-style-type: none"> Waffles Applesauce Organic milk 	<ul style="list-style-type: none"> Whole grain cereal Organic fruit Organic milk
LUNCH Infants: 11:00 a.m. Toddlers/Twos: 11:30 a.m. Preschool: 12:00 p.m.	<ul style="list-style-type: none"> Chicken fajitas Soy tenders Brown rice Fruit cocktail Organic milk 	<ul style="list-style-type: none"> Veggie patty on a bun Macaroni salad Apricots Organic milk 	<ul style="list-style-type: none"> Kale and sweet potato soup Multigrain baguette Fruit cocktail Organic milk 	<ul style="list-style-type: none"> Chicken yakisoba Tofu Mandarin oranges Mixed veggies Organic milk 	<ul style="list-style-type: none"> Black bean and cheese quesadilla Corn Pears Organic milk
AFTERNOON SNACK Centerwide: 3:00 p.m.	<ul style="list-style-type: none"> Baked apples Pita Organic milk 	<ul style="list-style-type: none"> Applesauce Graham crackers 	<ul style="list-style-type: none"> Sunbutter English muffin Organic milk 	<ul style="list-style-type: none"> Cucumber chips String cheese 	<ul style="list-style-type: none"> Warmed breadstick Marinara sauce Organic milk
EVENING SNACK Centerwide: 5:30 p.m.	<ul style="list-style-type: none"> Whole wheat roll Organic fresh fruit 	<ul style="list-style-type: none"> Pita chips Organic fresh fruit 	<ul style="list-style-type: none"> Cheese crackers Organic fresh fruit 	<ul style="list-style-type: none"> Trail mix Organic fresh fruit 	<ul style="list-style-type: none"> Rice crackers Organic fresh fruit

We Serve Healthy Meals

- Vegetarian meal options available
- Fresh fruits and vegetables served daily
- All meals are baked, not fried
- Proteins include chicken, turkey, beef, tofu, cheese, and beans
- Organic whole milk served to infants and toddlers
- Organic 1% milk served to young preschool, preschool, and kindergarten prep
- All meals included in the tuition
- All meals served family style

V: Vegetarian Alternative

