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**Bright Horizons at the Y**

 **Weekly Menu**

**Sample**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |  |
| **Breakfast** | WW BagelPineappleMilk | WW ToastPeachesMilk | Chex PearsMilk | OatmealMixed BerriesMilk | MuffinsMandarin OrangesMilk | **Meet our Cook Mr. Charles****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 CrackersWater | Graham CrackersWater | Graham CrackersWater | Graham CrackersWater | Graham CrackersWater |
| **Lunch** | Beef and cheese enchiladas Japanese mixApplesauceMilk | Turkey and Cheese WrapCarrot SticksMixed fruitMilk | Cheese English MuffinPizzaCauliflowerPineappleMilk | Mac-N-CheeseDiced HamBroccoliPeachesMilk | BBQ MeatballsNoodlesMixed VegetablesPearsMilk |
| **Vegetarian Substitute** | Veggie Patty | Cheese Wrap | Cheese English Muffin | Mac-N-Cheese | BBQ Veggie Crumbles |
| **Afternoon Snack** | Cereal Mix Apples | String CheeseCrackers | MuffinsStrawberries | Yogurt Parfait with Granola and Blueberries | Nutri-grain Applesauce |

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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.**

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

 **V: Vegetarian Alternative**