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**Bright Horizons at the Y**

**Weekly Menu**

**Sample**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |  |
| **Breakfast** | WW Bagel  Pineapple  Milk | WW Toast  Peaches  Milk | Chex  Pears  Milk | Oatmeal  Mixed Berries  Milk | Muffins  Mandarin Oranges  Milk | **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 Crackers  Water | Graham Crackers  Water | Graham Crackers  Water | Graham Crackers  Water | Graham Crackers  Water |
| **Lunch** | Beef and cheese enchiladas  Japanese mix  Applesauce  Milk | Turkey and Cheese Wrap  Carrot Sticks  Mixed fruit  Milk | Cheese English Muffin  Pizza  Cauliflower  Pineapple  Milk | Mac-N-Cheese  Diced Ham  Broccoli  Peaches  Milk | BBQ Meatballs  Noodles  Mixed Vegetables  Pears  Milk |
| **Vegetarian Substitute** | Veggie Patty | Cheese Wrap | Cheese English Muffin | Mac-N-Cheese | BBQ Veggie Crumbles |
| **Afternoon Snack** | Cereal Mix  Apples | String Cheese  Crackers | Muffins  Strawberries | 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.**

**!**

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

**V: Vegetarian Alternative**