

BRIGHT HORIZONS

What's on the Menu?



Week of:

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereal Applesauce Fresh Fruit Milk	Fruit Bar Yogurt Milk	Bagel Breakfast Sandwich with Turkey and Cheese Fresh Fruit Milk	Cottage Cheese Blueberry Muffins Fresh Fruit Milk	Biscuits Cream Cheese and Jam Fresh Fruit Milk
LUNCH	Chicken Strips Fresh Fruit Vegetable Milk	Chicken Pot Pie with Vegetables Fresh Fruit Milk	Meat Lasagna Vegetable Fresh Fruit Vegetable Milk	Turkey Burger Whole wheat bun Cheese Slices Fresh Fruit Vegetable Milk	Waffles Turkey Sausage Fresh Fruit Vegetable Milk
AFTERNOON SNACK	Fresh Fruit Nutri-Grain Bars	Pita Bread Jam Fresh Fruit	Fresh Fruit Cereal	Fresh Fruit Vanilla Wafers	Whole Grain Gold Fish Applesauce
EVENING SNACK	Crackers and Fresh Fruit	Crackers and Fresh Fruit	Crackers and Fresh Fruit	Crackers and Fresh Fruit	Crackers and 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
- Whole milk served to infants and toddlers
- 1% milk served to young preschool, preschool, and kindergarten prep
- All meals served family style



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Early Education & Preschool

**Menu subject to change, please see menu at front desk for any substitutions.*



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What's on the Menu?



Week of:

Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Crescent Rolls Cottage Cheese Fruit Milk	Cereal Applesauce Fruit Milk	Cheese Sticks Yogurt Milk	Bagels Cream Cheese and Jam Fruit Milk	English Muffin Ham and cheese Fruit Milk
LUNCH	Macaroni and Cheese Fresh Fruit Vegetable Milk	Turkey and Mashed Potatoes Biscuits Fresh Fruit Milk	Black Bean Burger on Whole Wheat Bun Fresh Fruit Vegetable Milk	Ground Beef Taco, Shredded lettuce Shredded Cheese Fresh Fruit Vegetable Milk	Ravioli in Marinara Sauce Fresh Fruit Fresh Vegetable Milk
AFTERNOON SNACK	Blueberry Muffins Fresh Fruit	Simply Chex Cheddar Fresh Fruit	Whole Grain Pita Jam Fresh Fruit	Oatmeal Fruit Bar Applesauce Crackers	Vanilla Wafers Fresh Fruit
EVENING SNACK	Crackers and Fresh Fruit	Crackers and Fresh Fruit	Crackers and Fresh Fruit	Crackers and Fresh Fruit	Crackers and 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
- Whole milk served to infants and toddlers
- 1% milk served to young preschool, preschool, and kindergarten prep
- All meals served family style

What's on the Menu?



Week of:

Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Crescent Rolls Cottage Cheese Fresh Fruit Milk	Biscuit Cream Cheese and Jam Fresh Fruit Milk	Bagel Breakfast Sandwich with Turkey and Cheese Fresh Fruit Milk	Cereal Applesauce Fresh Fruit Milk	Muffins Cottage Cheese Fresh Fruit Milk
LUNCH	Veggie Stir Fry with Brown Rice Fresh Fruit Vegetable Milk	Turkey wraps w/ Spinach, Fresh Fruit Vegetable Milk	Chicken Strips Fresh Fruit Vegetable Milk	Meatballs with Buttered Noodles Fresh Fruit Vegetable Milk	Cheese Pizza Fresh Fruit Vegetable Milk
AFTERNOON SNACK	Fresh Fruit Greek Yogurt Bars	Pita Bread Jam Fresh Fruit	Fresh Fruit Cereal	Fresh Fruit Vanilla Wafers	Whole Grain Gold Fish Applesauce
EVENING SNACK	Crackers and Fresh Fruit	Crackers and Fresh Fruit	Crackers and Fresh Fruit	Crackers and Fresh Fruit	Crackers and Fresh Fruit

We Serve Healthy Meals

- Vegetarian meal options available
- Fruits and vegetables served daily
- All meals are baked, not fried
- Proteins include chicken, turkey, beef, tofu, cheese, and beans
- Whole milk served to infants and toddlers
- 1% milk or fat free milk served to young preschool, preschool, and kindergarten prep
- All meals served family style



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What's on the Menu?



Week of:

Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cottage cheese Blueberry Muffins Fruit Milk	English Muffin Breakfast Sandwich with Turkey and cheese Fruit Milk	Fruit snack bar Yogurt Fruit Milk	Bagel Breakfast Sandwich with Ham and Cheese Fruit Milk	Cereal Applesauce Fruit Milk
LUNCH	Chicken Alfredo Biscuits Fresh Fruit Vegetable Milk	Grilled Cheese and Tator Tots Fresh Fruit Milk	Cheese burgers on a Whole Grain Bun Fresh Fruit Vegetable Milk	Chicken and Cheese Quesadilla with Salsa Fresh Fruit Vegetable Milk	Warm Chicken and Cheese wrap Fresh Fruit Vegetable Milk
AFTERNOON SNACK	Blueberry Muffins Fresh Fruit	Simply Chex Cheddar Fresh Fruit	Pita Bread Jam Fresh Fruit	Oatmeal Fruit Bar Applesauce Crackers	Vanilla Wafers Fresh Fruit
EVENING SNACK	Crackers and Fresh Fruit	Crackers and Fresh Fruit	Crackers and Fresh Fruit	Crackers and Fresh Fruit	Crackers and 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
- Whole milk served to infants and toddlers
- 1% milk served to young preschool, preschool, and kindergarten prep
- All meals served family style

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