

# BRIGHT HORIZONS

## What's on the Menu?



Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Cereal Applesauce Fresh Fruit Milk	Cottage Cheese Muffins Fresh Fruit Milk	Bagel Breakfast Sandwich with Turkey and Cheese Fresh Fruit Milk	Fruit snack bar Yogurt Milk	Biscuits Sun Butter and Jam Fresh Fruit Milk
<b>LUNCH</b>	Chicken strips Fruit Vegetable Milk	Ham and Swiss on Whole Wheat Bread Fruit Vegetable Milk	Meat Lasagna Vegetable Fruit Milk	Turkey Burger Whole wheat bun Cheese Slices Fruit Vegetable Milk	Waffles Turkey Sausage Fruit Vegetable Milk
<b>AFTERNOON SNACK</b>	Fresh Fruit Cheese	Fresh Fruit Cottage Cheese	Fresh Fruit Cereal Milk	Fresh Fruit Yogurt	Gold Fish Cheese
<b>EVENING SNACK</b>	Crackers and fruit	Crackers and fruit	Crackers and fruit	Crackers and fruit	Crackers and 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

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



# BRIGHT HORIZONS

## What's on the Menu?



Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Crescent Rolls Cottage Cheese Fruit Milk	Cereal Applesauce Fruit Milk	Fruit snack bar Yogurt Milk	Bagels Sun Butter and Jam Fruit Milk	English Muffin Ham and cheese Fruit Milk
<b>LUNCH</b>	Macaroni and Cheese Vegetable Fruit Milk	Spaghetti in Meat sauce Fruit Vegetable Milk	Turkey Wrap with lettuce and cheese Fruit Vegetable Milk	Ground Beef Taco, Shredded lettuce Shredded Cheese Fruit Vegetable Milk	BBQ chicken Breast Vegetable Fruit Milk
<b>AFTERNOON SNACK</b>	Turkey Roll ups with Cheese	Chex Mix Fruit	Pita Fruit	Edamame Ranch Dip	Wafer crackers Fruit
<b>EVENING SNACK</b>	Crackers and fruit	Crackers and fruit	Crackers and fruit	Crackers and fruit	Crackers and 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

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



# BRIGHT HORIZONS

## What's on the Menu?



Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Crescent Rolls Cottage Cheese Fresh Fruit Milk	Biscuit Sun Butter 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
<b>LUNCH</b>	Vegetarian Baked Ziti Vegetable Fresh Fruit Milk	Turkey wraps w/ Spinach, Fresh Fruit Vegetable Milk	Chicken Strips Fresh Fruit Vegetable Milk	Fish Tacos Fresh Fruit Vegetable Milk	Cheese Pizza Fresh Fruit Vegetable Milk
<b>AFTERNOON SNACK</b>	Fresh Fruit Cheese	Whole Grain Gold Fish Milk	Yogurt Crackers	Cereal bar Fresh Fruit	Crackers Cheese
<b>EVENING SNACK</b>	Crackers and Fresh fruit	Crackers and Fresh fruit	Crackers and Fresh fruit	Crackers and 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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# BRIGHT HORIZONS

## What's on the Menu?



Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Cottage cheese 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
<b>LUNCH</b>	Ham and Cheddar Sandwich on Whole Wheat Bread Vegetable Fruit Milk	BBQ Chicken Breast Vegetable Fruit Milk	Cheese burgers on a Whole Grain Bun Fruit Vegetable Milk	Cheese Enchiladas Fruit Vegetable Milk	Warm Chicken and Cheese wrap Fruit Milk
<b>AFTERNOON SNACK</b>	Crackers Cheese	Chex Fresh Fruit	Whole Grain Goldfish Cheese	Muffins Fresh Fruit	Wafer crackers Fresh Fruit
<b>EVENING SNACK</b>	Crackers and fruit	Crackers and fruit	Crackers and fruit	Crackers and fruit	Crackers and 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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