

# BRIGHT HORIZONS AT WHEATON

## What's on the Menu?



Week of: Sept 30 <sup>th</sup>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>Pancakes</li> <li>Mango</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Corn Chex</li> <li>Peaches</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>English Muffin</li> <li>Soy Nut Butter</li> <li>Oranges</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Oatmeal</li> <li>Mixed Berries</li> <li>Organic Milk</li> <li>Crushed Pineapples</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Muffin</li> <li>Cantaloupe</li> <li>Organic Milk</li> </ul>
<b>TODDLER MORNING SNACK</b>	<ul style="list-style-type: none"> <li>Granola</li> <li>Yogurt</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Apple-Cinnamon</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Cinnamon Bagel</li> <li>Watermelon</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>English Muffin</li> <li>Applesauce</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Scrambled Eggs</li> <li>Whole Wheat Toast</li> <li>Water</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>BBQ Chicken Sandwich</li> <li>Greens Beans</li> <li>Apples</li> <li>Organic Milk</li> <li>V: Veggie Patty</li> </ul>	<ul style="list-style-type: none"> <li>Turkey Meatball Sandwich</li> <li>Mixed Vegetables</li> <li>Pears</li> <li>Organic Milk</li> <li>V: Soy Crumble</li> <li>Diced Pears</li> </ul>	<ul style="list-style-type: none"> <li>Salisbury Steak</li> <li>Rice Pilaf</li> <li>Carrots</li> <li>Banana</li> <li>Organic Milk</li> <li>V: Rice with Cheese Sauce</li> </ul>	<ul style="list-style-type: none"> <li>Cheese Ravioli</li> <li>Broccoli</li> <li>Apple Slices</li> <li>Organic Milk</li> <li>Diced Apples</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Nuggets</li> <li>Black Beans</li> <li>Mandarin Oranges</li> <li>Organic Milk</li> </ul>
<b>AFTERNOON SNACK</b>	<ul style="list-style-type: none"> <li>Hard Boiled Egg</li> <li>Peaches</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Pita Bread</li> <li>Soy Nut Butter</li> </ul>	<ul style="list-style-type: none"> <li>Graham Crackers</li> <li>Cream Cheese</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Vanilla Wafers</li> <li>Bananas</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Nutri-grain Bar</li> <li>Organic Milk</li> </ul>

\* Infant/Toddler Alternative

\* Vegetarian Alternative

### We Serve Healthy Meals

- Vegetarian meal options available
- Fresh fruits and vegetables served daily
- Proteins include chicken, turkey, beef, pork, cheese, and beans
- Whole milk served to Infants and Toddlers
- 1% milk served to Young Preschool, Preschool and Kindergarten Prep
- All meals are served family style

