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**Bright Horizons at Capital City**

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| WEEK 1-3  5/28-5/31  6/17-6/21 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| AM SNACK | * Raisin Bagel * Cream Cheese * Fresh Apples | * Yogurt w/ Granola | * Turkey Sausage Biscuit * Fresh Oranges | * Cereal * Raisins | * French Toast Casserole * Fresh Apples |
| LUNCH | * Turkey and Cheese on a bun * Peas and Carrots * Fresh Melon | * Cheesy Turkey Marzetti * Mixed Vegetables * Baked Apples | * Chicken Burrito w/Brown Rice * Fiesta Corn w/ Black Beans * Sliced Strawberries | * Macaroni & Cheese * Vegetable Medley * Fresh Watermelon | * Veggie Lasagna * Chopped Salad w/Ranch Dressing * Mandarin Oranges |
| PM SNACK | * Graham Crackers (12months and up) * Wheat Crackers (under 12 months) * Berries | * English Muffin & Wow Butter | * Fresh Veggies * House Made Veggie Dip | * House Zucchini Bread | * Tortilla Scoops and Salsa (Tod/Pre/KP) * Cheese and Crackers (Infants) |

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| WEEK 2  6/3-6/7  6/24-6/28 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| AM SNACK | * Blueberry Mini Muffin * Fresh Oranges | * Pancakes * Turkey Sausage | * Pineapple * Cottage Cheese | * Cereal * Raisins | * Biscuit * Baked Apples |
| LUNCH | * Meatballs w/ BBQ sauce * Garlic Bread Stick * Sweet Potatoes * Watermelon | * Cheese Pizza * Pepperoni Slices * Carrots * Mandarin Oranges | * Turkey Soft Tacos * Cheese and Salsa * Fiesta Corn with Black Beans * Fresh Melon | * Chicken Salad Wrap * Broccoli and Cauliflower * Sliced Strawberries | * Cheese Quesadilla with Black Bean Veggie Salsa * Rice * Pineapples and Mango |
| PM SNACK | * Pita Triangles * Tropical Salsa | * House Made Trail Mix | * Hard Boiled Eggs * Bananas | * Pirate’s Booty Puffs | * Wheat Crackers * String Cheese |
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| WEEK 3  6/10-6/14  7/1-7/5 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| AM SNACK | * Raisin Bagel * Cream Cheese * Fresh Apples | * Cereal * Raisins | * Soft Breakfast Taco * Bananas | * Breakfast Quiche * Oranges | * Yogurt w/ Tropical Fruit |
| LUNCH | * Cheeseburger on bun * Picnic Baked Beans * Fresh Watermelon | * Spaghetti & Meatballs * Chopped Salad w/ Italian Dressing * Fresh Melon | * Sloppy Joe on bun * Roasted Veggies * Mango | * Pasta Alfredo w/grilled Chicken & Broccoli * Sliced Strawberries | * Cheese Pizza * Pepperoni Slices * Vegetable Medley * Applesauce |
| PM SNACK | * Fruit Scone | * Apple Wedges * Greek Strawberry Yogurt Dip | * Graham Crackers   (12 months and up)   * Wheat Crackers (under 12 months) * Applesauce | * Veggie Spread on Pita Bread | * House Banana Muffins |



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* Whole Milk (Infant and Toddler) and 1% milk (preschool/K Prep) with AM snack and lunch
* Water served with PM snack and offered continually throughout the day

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