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 **Bright Horizons at Capital City**

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| WEEK 1-35/28-5/316/17-6/21 | 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 26/3-6/76/24-6/28 | 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 36/10-6/147/1-7/5 | 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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