



BRIGHT HORIZONS at Longacres

January 29-February 2, 2018



<u>Meal Requirements</u>	<u>Monday 29</u>	<u>Tuesday 30</u>	<u>Wednesday 31</u>	<u>Thursday 1</u>	<u>Friday 2</u>
<u>Breakfast</u> Juice/Fruit or Vegetable Dairy Grain	Cream of Wheat w/w Toast Apple Sauce Milk* (J/B/BrS)	Biscuits Turkey Sausage Pineapple* Milk* (J/B)	Rice Krispies Bananas* Milk*	Omelets w/w Toast Honeydew Milk* (J/B)	w/w Pancakes Turkey Links Mangos/Strawberries Milk* (S)
<u>AM Snack:</u> Select 2: Dairy/Grain Fruit or Vegetable	Pears* Whole Grain Crackers Water	Naan Flat Bread Apple Sauce Water	w/w Crackers String Cheese Water	Apples* Whole Grain Crackers Water	Bananas* Whole-Grain Wafers Water
<u>Lunch:</u> Dairy Meat/Meat Alternative Grain 2 Fruits, 2 Vegetables, or 1 of each	Cheese Ravioli Zucchini Pears Milk*	Healthy Chicken Stew with Vegetables* w/w Bread Sticks Honeydew Milk*	Turkey Cheese Sandwich Vegetable Soup Apricots Milk*	Taco Chili Broccoli w/w Tortillas Mixed Fruit Milk*	Sweet/Sour Meatballs w/ Veggies Brown Rice Pineapple* Milk*
<u>Afternoon Snack:</u> Dairy/Grain Meat/Meat Alternative Fruit or Vegetable	Egg Salad Pita Bread Water	Carrots Veggie Crackers (RD) Water	Apple Cinn. Bars Peaches Water	Wheat Wafers Grapes* Water	Raisin Bagels Cream Cheese Water
<u>PM Snack</u> Dairy/Grain Meat/Meat Alternative Fruit or Vegetable	w/w Crackers Diced Cheese Water	Apples* Whole Grain Crackers Water	Pears* Wheat Wafers Water	Diced Cheese w/w Oyster Crackers Water	Lemon/Blueberry Crackers Bananas* Water

* indicates organic food items w/w indicates whole wheat products Optional (J-Jam, B-Butter, RD-Ranch Dressing, S-Syrup, BrS-Brown Sugar)

Portions/servings are in accordance with the State of Washington's food guideline requirements for children (infants through 5 years). All meals must also include a liquid. Substitutions will be made as necessary for children with allergies and dietary restrictions by parents or center.