

BRIGHT HORIZONS AT PIONEER SQUARE

What's on the Menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 8:30-9:00	Rice Krispy Cereal Bananas Milk	Pancakes Cream Cheese Strawberries Milk	Oatmeal Turkey Links Bananas Milk	Scrambled Eggs Pineapple English Muffins Milk	Whole Wheat Toast Fresh Fruit Sausages Patty Milk
LUNCH 11:30-12:00	Chicken Teriyaki Steamed Veggies Oranges Milk	Chicken Tortilla Soup W/ Black Beans Watermelon Milk	Orange Chicken Cantaloupe Mixed Veggies Milk	Whole Wheat Spaghetti Turkey Meatballs In Marinara sauce Honeydew Melon Milk	Turkey Curry Mixed Veggies Brown Rice Pears Milk
AFTERNOON SNACK 2:30-3:00	Wheat Crackers Apple Sauce Water	Homemade Apple Sauce Muffins Milk	Homemade Guacamole Whole Wheat Tortillas Water	Baby Carrots Cheese Dip Water	Yogurt w/cereal Water
LATE SNACK 4:30-5:00	Mini Bagels Cream Cheese Water	Bananas Cheese Cubes Water	Jelly Sandwich Bites Water	Graham Crackers Cottage Cheese Water	Homemade Corn Muffins Milk

- ▶ All meals are baked, not fried
- ▶ Vegetarian meal options available
- ▶ Fresh fruits and vegetables served daily
- ▶ Proteins include chicken, turkey, beef, tofu, cheese, and beans
- ▶ Whole milk served to children ages 12-24 months
- ▶ 1% milk served to children 24 months and older
- ▶ All meals served family style

