

BRIGHT HORIZONS

What's on the Menu?



Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Fruit and Yogurt Parfait Water	French Toast Watermelon Water	Cheese Omelet Bacon Water	Blueberry Muffin Milk	Chex Cereal with Milk Banana Water
LUNCH	Cheesy Chicken and Rice Casserole Mixed Veggies Apple Slices Applesauce (I/T) Milk	Cheese Quesadilla Pinto Beans Cantaloupe Milk	Turkey and Cheese Sandwich Succotash Peaches Milk	BBQ Meatballs Brown Rice Creamed Corn Mango Milk	Penne Pasta with Meat Sauce Salad Honeydew Melon Milk
AFTERNOON SNACK	Oyster Crackers Mandarin Oranges Water	Breadstick with Marinara Milk	Open Faced Fruit Snack Water	Pita Bread Hummus Water	Ham and Cheese Roll-up Applesauce Water

We Serve Healthy Meals

- Fresh fruits and vegetables served daily
- All meals are baked, not fried
- Proteins include chicken, turkey, pork, beef, cheese, and beans
- Whole milk served to infants and toddlers
- 1% milk served to young preschool, preschool, and kindergarten prep
- All meals served family style

I/T: Infant/Toddler Alternative

