

BRIGHT HORIZONS

What's on the Menu?

April 1-5



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Kix Sliced peaches Milk	Bagels* w/cream cheese (mini bagels) Tropical fruit Milk	Toasted oats cereal*, Mandarin oranges Milk	Crispy rice Fresh bananas Milk	Banana muffin squares* Fresh oranges Milk
LUNCH	Chicken tetrazzini with spaghetti* Broccoli Fresh fruit cup Milk	Turkey & cheese sandwiches* Tomato soup Fresh apple wedges (oranges) Milk	Beef-a-roni*w/tomatoes Breadsticks* Turnip greens Milk	Arroz con queso (rice* w/beans & cheese) Corn Fresh strawberries Milk	Fish filets [ketchup] French bread* Cabbage Sliced peaches Milk
AFTERNOON SNACK	Goldfish crackers* Fresh pears	Fresh bananas Sunflower butter	String cheese Fresh sliced grapes	Homemade Chex mix Pineapple tidbits	Pita wedges* Ranch cheese dip

- Meal service provided by the CCSA
- Unflavored whole milk must be served to 1 year olds; unflavored low-fat or fat-free milk must be served to children 2 through 5 years old
- Substitutions for age group restrictions are indicated by parenthesis
- Substitutions provided for medical needs/documentated family preferences
- *Designates Whole Grain Rich

Parents: This menu is subject to change without notice due to deliveries and emergencies.

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Bright Horizons.
Early Education & Preschool

BRIGHT HORIZONS

What's on the Menu?

April 8-12



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Kix Diced pears Milk	English muffins* w/jelly Mandarin oranges Milk	Corn Chex Fresh pears Milk	Hardboiled eggs Wheat bread* Diced peaches Milk	Cornflakes Fresh bananas Milk
LUNCH	Baked spaghetti* w/cheese & tomatoes Mixed greens salad w/sliced radishes [honey French] (collard greens) Milk	Brunch for Lunch: French toast [syrup] Turkey sausage Fresh fruit cup Baby carrots (cooked) Milk	Meatloaf Breadsticks* Mashed potatoes Peas Milk	Tuna melts on English muffins* Three bean salad Fresh orange wedges Milk	BBQ chicken drumsticks Cornbread* Lima beans Potato salad Milk
AFTERNOON SNACK	Animal crackers Fresh apples (fresh oranges)	Crackers Chicken salad	Banana apple muffin squares* Tropical fruit	Granola muffin squares* Sliced pears	Yogurt Graham crackers

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Harvest of the Month

This month in **preschool**
your child will be **learning about...**

Radish

Here are a few fun facts about radishes to share with your preschooler:

- Similar to potatoes and carrots, beets are root vegetable that grow underneath the ground.
- They come in lots of different colors such as red, white, pink, purple, yellow and striped!
- Eating radishes can keep us from getting sick and helps our skin heal because they have lots of vitamin C.

Make it

Eat it!

Love it!



Strawberry
Radish Salsa

INGREDIENTS

1 cup of radishes	1/2 teaspoon cumin
1 cup of strawberries	1/2 teaspoon salt
5 sprigs of cilantro	1/2 teaspoon pepper
2 spring onions	1 Tablespoon lime juice

Directions

1. Grate the radishes, or chop into small pieces.
2. Finely chop the strawberries, cilantro and spring onions.
3. Mix all the ingredients together in a bowl. It tastes better as the tastes blend after 10 minutes
4. Serve with chips!

Family CHALLENGE

READ: Rah, Rah, Radishes!
& play tug of war!

Give children the experience of pulling the radishes out of the ground! Tie a rope to a laundry basket filled with heavy items and let them try to pull the basket across the floor.

Get your GROOVE on

Grow Radish at Home

Take your radish tops from the strawberry salsa and put toothpicks through it in a criss-cross pattern. Place your radish in a glass of water, ensuring the radish is slightly under the water, while the toothpicks hold the rim of the glass. Once you see little roots growing, plant the radish in soil!

Little helpers



Let them help wash the radish with water and a clean towel.



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