












# Bright Horizons

## The Galley at Everett

January 1<sup>st</sup> – 5<sup>th</sup> 2018



Meal Requirements	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u> Juice/ Fruit Dairy Grain	C L  O S E  D	W/W Bagels Cream Cheese* Apples  Sun Butter  Milk ☺	Whole Grain Cereal Bananas  Milk ☺	Ham and Hash Browns* Cantaloupe  Veggie Sausage and Hash Browns  Milk ☺	W/W French Toast Fruit Smoothies*  Soy Fruit Smoothies*  Milk ☺
<u>Lunch</u> Dairy Protein Grain 2 Fruits, 2 Vegetables, or 1 of each		Grilled Cheese Sandwiches Honeydew Snap Peas  Turkey Sandwich  Milk ☺	Tuna Noodles Peas Peaches  Mac and Cheese  Coconut Chicken Pasta Milk ☺	Black Beans and Rice* W/W Tortillas Corn Mangoes  Milk ☺	Italian Wedding Soup Broccoli Oranges  Veggie Sausage Soup Milk ☺
<u>AM &amp; PM Snack</u> Select 2: Protein Grain Fruit Vegetable		W/W Crackers Hummus  Water  W/W Tortillas Bean Dip*  Water	Oranges W/W Oyster Crackers  Water  W/W Pita Bread Turkey Slices*  Cheese Square*  Water	Naan Bread Hummus*  Water  Pretzels Cinnamon Cream Cheese*  Sun Butter* Water	Bananas W/W Graham Crackers  Water  Nurtti-Grain Bars  Milk ☺

Portion/ servings are in accordance with 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.



= Vegetarian Option



= Dairy Free Option

W/W= Whole Wheat

☺= Organic

\*= Gluten Free