

BRIGHT HORIZONS at Principal Child Development Center

What's on the Menu?



Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Whole Wheat Cereal Pears Milk	Whole Wheat Oatmeal Bananas Milk	Scrambled Egg Muffin Peaches Milk	Biscuits and Gravy Pears Milk	Whole Wheat Waffles Honey Dew Milk
SNACK	Strawberries with Greek Yogurt Water	Fresh Cucumber with Turkey and sliced Cheddar Cheese on Whole Wheat Bread Water	Guacamole dip with Whole Wheat Crackers Water	Watermelon Graham Crackers Milk	Mixed Berry Yogurt Bark Milk
LUNCH	Cheese Tortellini With Marinara Sauce Steamed Cauliflower Mandarin Oranges/ Fresh Oranges Milk	Roast Mashed Potatoes Steamed peas Peaches Milk	Beef Tacos on Whole Wheat Tortillas with Cheddar Cheese Steamed Corn Applesauce/sliced Apples Milk	Pulled Pork Wild Rice Steamed Broccoli Pineapple Milk	Grilled Chicken with Turkey Bacon Cheddar Cheese Guacamole Whole Wheat Pita Steamed Carrots Mango Milk
SNACK	Whole Wheat Tandoori Bread with Hummus Water	Meatballs Milk	Pear Cucumber Salad Graham Crackers Water	Whole Wheat Crackers Sun Butter Pears Water	Whole Wheat Ranch Crackers Applesauce Water

We Serve Healthy Meals

- Fresh fruits and vegetables served daily
- All meals are baked, not fried
- Proteins include but not limited to chicken, turkey, beef, tofu, 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



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Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Whole Wheat French Toast Sticks Pineapple Milk	Homemade Breakfast Casserole with Potato, Turkey Sausage, Cheese Frozen Strawberries Milk	Homemade Banana Oatmeal Bread Peaches Milk	Whole Wheat Waffles Pineapple Milk	Breakfast Pizza Mandarin Oranges Milk
SNACK	Tandoori Bread Guacamole Water	Fruit Pizza Water	Banana with Graham Crackers Water	Vanilla Greek Yogurt Parfait with Strawberries and Graham Cracker Crumble Water	Meatballs Milk
LUNCH	Ham and Cheddar Cheese on Whole Wheat Tortilla Sweet Potato Fries Pears Milk	Hamburger on a Whole Wheat Bun Steamed Corn Applesauce Milk	Turkey Meatball Sub on a Whole Grain Bun Steamed Peas Cantaloupe Milk	Cilantro Lime and Chicken Tacos Steamed Carrots Mangos Milk	Roast Beef Mashed Potatoes Pears Milk
SNACK	Whole Wheat Trail Mix Fresh Watermelon Water	Cottage Cheese Whole Wheat Crackers Water	Tzatziki dip With tandoori bread Water	Whole Wheat Crackers Hummus Water	Fresh Cucumber Sandwiches with Turkey and sliced Cheddar Cheese Water

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Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Whole Wheat Cereal Pears Milk	Whole Wheat Toast Applesauce Milk	Egg and Cheese Bagel Sandwich Mandarin Oranges Milk	Biscuits and Gravy Pineapple Milk	Whole Wheat Cereal Peaches Milk
SNACK	Homemade Biscuits Sun Butter Milk	Cottage Cheese Whole Wheat Bean Crackers Water	Cream Cheese Diced Strawberry Roll Up Water	Whole wheat Breadstick Marinara sauce Water	Homemade Apple Cinnamon Muffin Milk
LUNCH	Meatballs Diced Potatoes Peaches Warm Whole Wheat Bread Stick Milk	Homemade Beef and Brown Rice Steamed Mixed Veggies Fresh Cantaloupe Milk	Baked Potato with Seasoned Black Beans Steamed Zucchini Banana Milk	Whole Wheat Spaghetti With Marinara Sauce and Ground Beef Steamed Cauliflower Applesauce Milk	Grilled Chicken Sandwich on Whole Wheat Bun Pineapple Steamed Broccoli Milk
SNACK	Tandoori Bread With Marinara sauce and Mozzarella Cheese Water	Cheese Quesadilla Milk	Flat bread and Guacamole Water	Cinnamon Pita Points With Summer Fruit Salad Water	Banana Sun Butter Tortilla Wrap Milk

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Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Breakfast Burrito Peaches Milk	Baked Oatmeal Casserole Strawberries Milk	Whole Wheat French Toast Sticks Pears Milk	Sweet Potato and Sausage Casserole Watermelon Milk	Cook's Choice
SNACK	Mango and Black Bean Salsa With Whole Wheat Crackers Water	Turkey Bacon, Guacamole, and tomato in whole wheat Pita Water	Yogurt Cups Graham Crackers Water	Mixed Berry Yogurt Bark Graham Cracker Water	Cook's Choice
LUNCH	Homemade Whole Wheat Spaghetti With Meat Sauce Steamed Green Beans Mandarin Oranges Milk	Cilantro Lime and Chicken Tacos Steamed Corn Mangos Milk	Homemade Grilled Chicken Pizza on Naan Bread Steamed Carrots Applesauce Milk	Black Bean Burger with Cheese on Whole Wheat Bread Steamed Zucchini Pineapple Milk	Cook's Choice
SNACK	Whole Wheat Bagel pieces Cheese Ball Dip Water	Bosco Sticks With Marinara Milk	Homemade Pasta Salad with Ham, Peas, and Cheddar Cheese Water	Cream Cheese and Strawberry Roll Up Water	Cook's Choice

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Week 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Whole Wheat Cereal Mandarin Oranges Milk	Scrambled Eggs with Whole Wheat Toast Pineapple Milk	Whole Wheat Bagel Sausage Sandwich Mangos Milk	Whole Wheat Waffles Peaches Milk	Homemade Egg Muffin Banana Milk
SNACK	Meatballs Milk	Ham and Swiss in Whole Wheat Pita Water	Guacamole dip Mini bagels Water	Cottage Cheese Whole Wheat Ranch Crackers Water	Pear Cucumber Salad Water
LUNCH	Slow Cooked Chicken with BBQ Sauce Mashed Potatoes Steamed Corn Pears Milk	Sweet and Sour Pork with Brown Rice Mandarin Oranges Steamed Peas Milk	Pasta Primavera Chicken Steamed Cauliflower Cantaloupe Milk	Pulled Pork Sandwich On a Whole Wheat Bun Steamed Green Beans Applesauce Milk	Fajita Style Sloppy Joes on Whole Wheat Bun Baked Beans Strawberries Milk
SNACK	Hummus Naan Bread Water	Bean Dip with Whole Wheat Crackers Water	Tropical Fruit Salad Graham Crackers Water	Vanilla Greek Yogurt Parfait with Strawberries and Graham Cracker Crumble Water	Trail Mix with Sliced Cheese Water

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Week 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Whole Wheat Waffles Applesauce Milk	Baked Oatmeal Casserole Bananas Milk	Homemade Breakfast Casserole with Potato, Turkey Sausage, Cheese Frozen Strawberries Milk	Whole Wheat Pancakes Sausage Pears Milk	Scrambled eggs English Muffin with Margarine Peaches Milk
SNACK	Cottage Cheese Whole Wheat Crackers Water	Fruit Pizza Milk	Homemade Granola Bar Milk	Zucchini Bread Cantaloupe Water	Banana Squares Milk
LUNCH	Grilled Chicken with Turkey Bacon, Cheddar Cheese, and Guacamole On a Whole Wheat Pita Steamed Carrots Pineapple Milk	Homemade Refried Bean and Cheddar Cheese Quesadilla Steamed Corn Mango Milk	BBQ Chicken and Sun Dried Tomato Pizza Steamed Broccoli Watermelon Milk	Ham and Swiss on Whole Wheat Tortilla Italian Tortellini Salad with Parmesan Cheese Steamed Green Beans Mandarin Oranges Milk	Hamburger on a Whole Wheat Bun Sweet Potato Fries Applesauce Milk
SNACK	Cream Cheese Diced Strawberry on Tandoori Bread Water	Turkey Bacon, Guacamole, and tomato in whole wheat Pita Water	Tropical Fruit Salad Graham Crackers Milk	Mixed Berry Muffins Milk	Chick Pea Corn Salsa With Bean Crackers Water

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