

# BRIGHT HORIZONS AT WHEATON

## What's on the Menu?



Week of: <b>Jan. 28<sup>th</sup></b>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>Oatmeal</li> <li>Fresh Fruit</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Egg Patty</li> <li>Wheat Toast</li> <li>Fresh Fruit</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Cheerios</li> <li>Fresh Fruit</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Yogurt</li> <li>Granola</li> <li>Fresh Fruit</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Apple Cinnamon Muffin</li> <li>Fresh Fruit</li> <li>Organic Milk</li> </ul>
<b>TODDLER MORNING SNACK</b>	<ul style="list-style-type: none"> <li>Wheat Crackers</li> <li>Sliced Cheese</li> </ul>	<ul style="list-style-type: none"> <li>Nutrigrain Bar</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Yogurt</li> <li>Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Graham Crackers</li> <li>Cream Cheese</li> </ul>	<ul style="list-style-type: none"> <li>Corn Bread</li> <li>Fresh Fruit</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>Chicken Parmesan Sandwich</li> <li>Roasted Broccoli</li> <li>Fresh Fruit</li> <li>Organic Milk</li> <li>V: Veggie Patty Sandwich</li> </ul>	<ul style="list-style-type: none"> <li>Meatloaf</li> <li>Roasted Potatoes &amp; Green Beans</li> <li>Fresh Fruit</li> <li>Organic Milk</li> <li>V: Grilled Cheese Sandwich</li> </ul>	<ul style="list-style-type: none"> <li>White Chicken Chili</li> <li>Corn Bread</li> <li>Fresh Fruit</li> <li>Organic Milk</li> <li>V: Vegetarian Chili with Beans</li> </ul>	<ul style="list-style-type: none"> <li>Spaghetti</li> <li>Turkey Meatballs</li> <li>Peas &amp; Carrots</li> <li>Fresh Fruit</li> <li>Organic Milk</li> <li>V: Spaghetti with Spaghetti Sauce</li> </ul>	<ul style="list-style-type: none"> <li>Grilled Chicken Nuggets</li> <li>Vegetarian Beans</li> <li>Fresh Fruit</li> <li>Organic Milk</li> <li>V: Veggie Patty Sandwich</li> </ul>
<b>AFTERNOON SNACK</b>	<ul style="list-style-type: none"> <li>Nutrigrain Bar</li> <li>Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Garlic Breadstick</li> <li>Marinara Sauce</li> </ul>	<ul style="list-style-type: none"> <li>Homemade Apple Cinnamon Snack Cake</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Soy Butter</li> <li>Pita Bread</li> </ul>	<ul style="list-style-type: none"> <li>String Cheese</li> <li>Whole Wheat Crackers</li> <li>I/T: Sliced Cheese</li> </ul>

\* Infant/Toddler Alternative

\* Vegetarian Alternative

### We Serve Healthy Meals

- Vegetarian meal options available
- Fresh fruits and vegetables served daily
- Proteins include chicken, turkey, beef, pork, cheese, and beans
- Whole milk served to Infants and Toddlers
- 1% milk served to Young Preschool, Preschool and Kindergarten Prep
- All meals are served family style

