

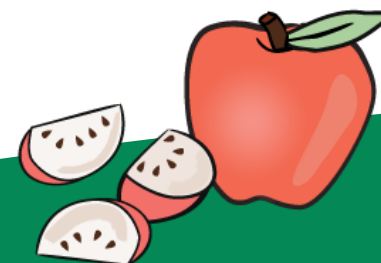
BRIGHT HORIZONS AT [CENTER NAME HERE]

What's on the Menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> ▪ Raisin Bread ▪ Organic Fresh Fruit ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Life Cereal ▪ Organic Fresh Fruit ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Cream of Wheat ▪ Organic Fresh Fruit ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Fruit Yogurt ▪ Cereal Trail Mix ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Chex Cereal ▪ Dehydrated Fruit ▪ Organic Milk
LUNCH	<ul style="list-style-type: none"> ▪ Cannellini Bean Spinach Curry ▪ Brown Rice ▪ Fruit ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Tri Color Pasta Marinara w/Chicken (Tofu) ▪ Fruit ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Roasted Turkey (Roasted Tofu) ▪ Mashed Potatoes ▪ Green Beans ▪ Fruit ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Sunbutter & Preserves Sandwich on Raisin Bread ▪ Carrots ▪ Fruit ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Black Bean & Cheese Quesadilla ▪ Corn ▪ Fruit ▪ Organic Milk
AFTERNOON SNACK	<ul style="list-style-type: none"> ▪ Whole Wheat Pita ▪ Baked Apples ▪ Water 	<ul style="list-style-type: none"> ▪ Cucumber Chips ▪ String Cheese ▪ Water 	<ul style="list-style-type: none"> ▪ Tortilla w/Cream Cheese & Cranberries ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Graham Crackers ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Toasted Bagels ▪ Pears ▪ Organic Milk
EVENING SNACK	<ul style="list-style-type: none"> ▪ Corn Bread ▪ Fruit ▪ Water 	<ul style="list-style-type: none"> ▪ Pita Chips (Pita Triangles) ▪ Fruit ▪ Water 	<ul style="list-style-type: none"> ▪ Rice Cakes ▪ Fruit ▪ Water 	<ul style="list-style-type: none"> ▪ Homemade Strawberry Cereal Bar ▪ Fruit ▪ Water 	<ul style="list-style-type: none"> ▪ Wheat Thin Crackers (Wheat Rolls) ▪ Fruit ▪ Water

*Please note this is a sample menu

Vegetarian Alternative
Infant/Toddler Alternative



- ▶ All meals are baked, not fried
- ▶ Vegetarian meal options available
- ▶ Fresh fruits and vegetables served daily
- ▶ Proteins include chicken, turkey, beef, tofu, cheese, and beans
- ▶ Organic whole milk served to infants and toddlers
- ▶ Organic 1% milk served to young preschool, preschool, and kindergarten prep
- ▶ All meals served family style and are included in the tuition