

# BRIGHT HORIZONS at GMCC

## What's on the Menu?



March 4-8, 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING SNACK</b>	Special K Cereal Fresh Fruit	Strawberry Yogurt Fresh Fruit	French Toast Sticks Fresh Fruit	Spinach Feta Quiche Fresh Fruit	Sweet Potato Biscuits Fresh Fruit
<b>LUNCH</b>	Creamed Broccoli Soup Sausage Cheddar Muffins Butter Biscuits Fresh Fruit	Beef Taco Salad Soy Crumbles Roasted Sweet Potatoes Fresh Fruit	Unstuffed Cabbage Casserole Veggie Nuggets Garlic Rosemary Potatoes Fresh Fruit	Pulled Pork Sliders Veggie Patty Homemade Coleslaw Fresh Fruit	Chicken Alfredo Tortellini Mac and Cheese Steamed Peas and Carrots Fresh Fruit
<b>AFTERNOON SNACK</b>	Ranch Roasted Chickpeas Juice/Water	Smoothies and Graham Crackers Juice/Water	Banana Oat Bars Juice/Water	Pizza Pinwheels Juice/Water	Pineapple Salsa and Baked Cinnamon Chips Juice/Water
<b>DINNER</b>	Vegetable Soup Grilled Cheese Fresh Fruit	Rice and Bean Casserole Steamed Corn Fresh Fruit	Baked Tilapia Steamed Broccoli Fresh Fruit	Lasagna Soup Provolone Toast Fresh Fruit	Veggie Nuggets Creamed Potatoes Fresh Fruit

### We Serve Healthy Meals

- Fresh fruits and vegetables served daily
- All meals are baked, not fried
- Proteins include chicken, turkey, beef, tofu, cheese, and beans
- Organic Milk served to all children Toddlers through Kindergarten Prep
- All meals served family style
- Select produce are locally grown and supplied by NC/SC farmers
- This menu is subject to change without notice due to deliveries and emergencies.

### Vegetarian Alternative

