

BRIGHT HORIZONS AT WHEATON

What's on the Menu?



Week of: July 22 th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> ▪ Cheese Scrambled Eggs ▪ Orange Slices ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Cinnamon Raisin Bagel ▪ Cream Cheese ▪ Peaches ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ French Toast Sticks ▪ Apple Slices ▪ Organic Milk ▪ Diced Apples 	<ul style="list-style-type: none"> ▪ Potato-Sausage Casserole ▪ Biscuit ▪ Banana ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Apple-Cinnamon Muffin ▪ Pears ▪ Organic Milk
TODDLER MORNING SNACK	<ul style="list-style-type: none"> ▪ Apple Cinnamon Bar ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Scrambled Eggs ▪ Oranges ▪ Water 	<ul style="list-style-type: none"> ▪ Cinnamon Raisin Bagel ▪ Water 	<ul style="list-style-type: none"> ▪ French Toast Sticks ▪ Diced Apples ▪ Water 	<ul style="list-style-type: none"> ▪ Nutri-grain Bar ▪ Organic Milk
LUNCH	<ul style="list-style-type: none"> ▪ Spaghetti w/Meat Sauce ▪ Green Beans ▪ Pears ▪ Organic Milk ▪ Tomato Sauce 	<ul style="list-style-type: none"> ▪ Chicken Nuggets ▪ Vegetarian Baked Beans ▪ Mango ▪ Organic Milk ▪ Grilled Cheese Sandwich 	<ul style="list-style-type: none"> ▪ Turkey and Cheese Sub Sandwich ▪ Tomato-Cucumber Salad ▪ Pears ▪ Organic Milk ▪ Cheese Sub Sandwich 	<ul style="list-style-type: none"> ▪ Grilled Cheese Sandwich ▪ Mixed Vegetables ▪ Cantaloupe ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Macaroni & Cheese ▪ Peas & Carrots ▪ Oranges Slices ▪ Organic Milk
AFTERNOON SNACK	<ul style="list-style-type: none"> ▪ Cornbread Muffin ▪ Apple Slices ▪ Water 	<ul style="list-style-type: none"> ▪ Pita Bread ▪ Soy Nut Butter ▪ Water 	<ul style="list-style-type: none"> ▪ Nilla Wafers ▪ Apple Sauce ▪ Water 	<ul style="list-style-type: none"> ▪ Cucumber Slices ▪ Red-Pepper Hummus ▪ Wheat Crackers ▪ Water 	<ul style="list-style-type: none"> ▪ Soft Pretzel ▪ Cheese Cubes ▪ Water

* 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

