

# BRIGHT HORIZONS AT WHEATON

## What's on the Menu?



Week of: Dec 16	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>▪ Bagel</li> <li>▪ Cream Cheese</li> <li>▪ Banana</li> <li>▪ Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Pancakes</li> <li>▪ Turkey Sausage</li> <li>▪ Oranges</li> <li>▪ Organic Milk</li> <li>▪ Meatless Sausage</li> </ul>	<ul style="list-style-type: none"> <li>▪ Yogurt Parfait</li> <li>▪ Granola</li> <li>▪ Peaches</li> <li>▪ Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Sausage &amp; Cheese Biscuit</li> <li>▪ Watermelon</li> <li>▪ Organic Milk</li> <li>▪ Meatless Sausage</li> </ul>	<ul style="list-style-type: none"> <li>▪ Cornbread Muffin</li> <li>▪ Banana</li> <li>▪ Organic Milk</li> </ul>
<b>TODDLER MORNING SNACK</b>	<ul style="list-style-type: none"> <li>▪ Corn Chex</li> <li>▪ Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Pita Bread</li> <li>▪ Peaches</li> <li>▪ Water</li> </ul>	<ul style="list-style-type: none"> <li>▪ Pancake</li> <li>▪ Pears</li> <li>▪ Water</li> </ul>	<ul style="list-style-type: none"> <li>▪ Yogurt</li> <li>▪ Granola</li> <li>▪ Water</li> </ul>	<ul style="list-style-type: none"> <li>▪ Sausage Patty</li> <li>▪ Biscuit</li> <li>▪ Water</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>▪ BBQ Chicken Sandwich</li> <li>▪ Sweet Potato Fries</li> <li>▪ Cantaloupe</li> <li>▪ Organic Milk</li> <li>▪ Black Bean Patty</li> </ul>	<ul style="list-style-type: none"> <li>▪ Cheese Quesadilla</li> <li>▪ Black Bean Medley</li> <li>▪ Mango</li> <li>▪ Organic Milk</li> <li>▪ Tofu</li> </ul>	<ul style="list-style-type: none"> <li>▪ Turkey Chili</li> <li>▪ Corn Bread Muffin</li> <li>▪ Green Beans</li> <li>▪ Watermelon</li> <li>▪ Organic Milk</li> <li>▪ Veggie Chili</li> </ul>	<ul style="list-style-type: none"> <li>▪ Beef Stroganoff</li> <li>▪ Peas &amp; Carrots</li> <li>▪ Pears</li> <li>▪ Organic Milk</li> <li>▪ Soy Crumbles</li> </ul>	<ul style="list-style-type: none"> <li>▪ Cheese Pizza</li> <li>▪ Tomato-Cucumber Salad</li> <li>▪ Blueberries</li> <li>▪ Organic Milk</li> <li>▪ Crushed Pineapples</li> <li>▪ Marinara/Wheat Pasta</li> </ul>
<b>AFTERNOON SNACK</b>	<ul style="list-style-type: none"> <li>▪ Turkey &amp; Cheese Roll Up</li> <li>▪ Water</li> <li>▪ Tofu Roll Up</li> </ul>	<ul style="list-style-type: none"> <li>▪ Graham Crackers</li> <li>▪ Apple Slices</li> <li>▪ Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Garlic Breadsticks</li> <li>▪ Marinara Sauce</li> <li>▪ Water</li> </ul>	<ul style="list-style-type: none"> <li>▪ Sliced Cheese</li> <li>▪ Vanilla Wafers</li> <li>▪ Water</li> </ul>	<ul style="list-style-type: none"> <li>▪ Pita Bread</li> <li>▪ Yogurt</li> <li>▪ Soy Nut Butter</li> </ul>

\* Infant/Toddler Alternative

\* Vegetarian/Vegan 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

