## BRIGHT HORIZONS AT WHEATON What's on the Menn?

Week of: April 1 <sup>st</sup>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul> <li>Corn Chex</li> <li>Fresh Fruit</li> <li>Organic Milk</li> </ul>	<ul> <li>Cinnamon Raisin Bagel</li> <li>Cream Cheese</li> <li>Fresh Fruit</li> <li>Organic Milk</li> </ul>	<ul> <li>Scrambled Cheesy Eggs</li> <li>Fresh Fruit</li> <li>Organic Milk</li> </ul>	<ul> <li>Turkey Sausage Patty</li> <li>Biscuit</li> <li>Fresh Fruit</li> <li>Organic Milk</li> </ul>	<ul> <li>Blueberry Muffin</li> <li>Fresh Fruit</li> <li>Organic Milk</li> </ul>
TODDLER MORNING SNACK	<ul> <li>Nutrigrain Bar</li> <li>Organic Milk</li> </ul>	<ul> <li>Corn Chex</li> <li>Fresh Fruit</li> </ul>	<ul> <li>Cinnamon Raisin Bagel</li> <li>Organic Milk</li> </ul>	<ul> <li>Egg Patty</li> <li>Toast</li> </ul>	<ul> <li>Homemade Banana Snack Cake</li> <li>Organic Milk</li> </ul>
LUNCH	<ul> <li>Chicken Tacos</li> <li>Black Bean Medley</li> <li>Fresh Fruit</li> <li>Organic Milk</li> <li>V: Cheese Quesadilla</li> </ul>	<ul> <li>Swedish Meatballs</li> <li>Egg Noodles</li> <li>Peas &amp; Carrots</li> <li>Fresh Fruit</li> <li>Organic Milk</li> <li>V: Veggie Crumble with Egg Noodles</li> </ul>	<ul> <li>Cheesy Chicken &amp; Rice Casserole</li> <li>Fresh Fruit</li> <li>Organic Milk</li> <li>V: Rice with Cheese Sauce</li> </ul>	<ul> <li>Grilled Cheese Sandwich</li> <li>Tomato Soup</li> <li>Fresh Fruit</li> <li>Organic Milk</li> </ul>	<ul> <li>Macaroni and Cheese</li> <li>Green Beans</li> <li>Fresh Fruit</li> <li>Organic Milk</li> </ul>
AFTERNOON SNACK	<ul> <li>Apple Cinnamon Muffin</li> <li>Organic Milk</li> </ul>	<ul> <li>Cucumbers</li> <li>Red Pepper Hummus</li> <li>I/T: Wheat Crackers</li> </ul>	<ul> <li>Homemade Banana Snack Cake</li> <li>Fresh Fruit</li> </ul>	<ul> <li>Cottage Cheese</li> <li>Fresh Fruit</li> </ul>	<ul><li>Turkey Slices</li><li>Cucumbers</li></ul>

## 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
- I% milk served to Young Preschool, Preschool and Kindergarten Prep
- All meals are served family style





\* Infant/Toddler Alternative\* Vegetarian Alternative