## BRIGHT HORIZONS AT WHEATON

## What's on the Menu?



Week of: April 8 <sup>th</sup>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul><li>Pancake</li><li>Turkey Sausage</li><li>Fresh Fruit</li><li>Organic Milk</li></ul>	<ul><li>Oatmeal</li><li>Fresh Fruit</li><li>Organic Milk</li></ul>	<ul><li>Yogurt</li><li>Granola</li><li>Fresh Fruit</li><li>Organic Milk</li></ul>	<ul><li>Nutrigrain Bar</li><li>Fresh Fruit</li><li>Organic Milk</li></ul>	<ul><li>Corn 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>Cottage Cheese</li><li>Fresh Fruit</li></ul>	<ul><li>Pancake</li><li>Turkey Sausage</li></ul>	<ul><li>Yogurt Cheerios</li></ul>	<ul><li>Cheese Cubes</li><li>Wheat Crackers</li></ul>
LUNCH	<ul> <li>Chicken Parmesan</li> <li>Egg Noodles</li> <li>Broccoli</li> <li>Fresh Fruit</li> <li>Organic Milk</li> <li>V: Egg Noodles with Spaghetti Sauce</li> </ul>	<ul> <li>Sweet &amp; Sour Chicken</li> <li>Basmati Rice</li> <li>Peas and Carrots</li> <li>Fresh Fruit</li> <li>Organic Milk</li> <li>V: Basmati Rice with Sweet &amp; Sour Sauce</li> </ul>	<ul> <li>Vegetarian Chili</li> <li>Cornbread Muffin</li> <li>Fresh Fruit</li> <li>Organic Milk</li> </ul>	<ul> <li>Salisbury Steak</li> <li>Gravy</li> <li>Seasoned Rice</li> <li>Mixed Vegetables</li> <li>Fresh Fruit</li> <li>Organic Milk</li> <li>V: Veggie Patty</li> </ul>	<ul> <li>Whole Wheat Pizza</li> <li>Green Beans</li> <li>Fresh Fruit</li> <li>Organic Milk</li> </ul>
AFTERNOON SNACK	<ul><li>String Cheese</li><li>Wheat Crackers</li></ul>	<ul><li>Cucumbers</li><li>Ranch Dressing</li><li>I/T: Diced Cucumber</li></ul>	<ul> <li>Cheese Cubes</li> <li>Fresh Fruit</li> <li>I/T: Sliced Cheese</li> </ul>	<ul><li>Homemade Blueberry Muffin</li><li>Fresh Fruit</li></ul>	<ul><li>Graham Crackers</li><li>Cream Cheese</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
- 1% milk served to Young Preschool, Preschool and Kindergarten Prep
- All meals are served family style



\* Infant/Toddler Alternative\* Vegetarian Alternative

