

BRIGHT HORIZONS AT SENECA STREET

Sample Menu

What's on the Menu?



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> Tomato eggs Whole wheat toast Apple sauce Organic milk 	<ul style="list-style-type: none"> Gravy and biscuits with turkey sausage Apple slices Organic milk 	<ul style="list-style-type: none"> Egg & cheese muffin Watermelon Organic milk 	<ul style="list-style-type: none"> Homemade cheese muffins Blueberries Organic milk 	<ul style="list-style-type: none"> Rice Chex Organic strawberries Organic milk
LUNCH	<ul style="list-style-type: none"> Homemade creamy kidney beans with brown rice and veggies Peach Organic milk 	<ul style="list-style-type: none"> Homemade Tuna casserole with corn ,green peas, red pepper ,onions over brown rice Veg: black beans and rice Mango chunks Organic milk 	<ul style="list-style-type: none"> Cheese Ravioli with peas ,cauliflower Organic Blackberries Organic milk 	<ul style="list-style-type: none"> Homemade Greek potato salad Parmesan chicken with broccoli Veg: parmesan potato salad Pineapple Organic milk 	<ul style="list-style-type: none"> Homemade orange chicken with mix veggies and rice noodles Veg : orange tofu with mix veggies and rice noodles Cantaloupe Organic milk
AFTERNOON SNACK	<ul style="list-style-type: none"> Homemade chicken salad Water 	<ul style="list-style-type: none"> Boiled carrots Homemade yogurt dip Water 	<ul style="list-style-type: none"> Homemade beets and feta salad Water 	<ul style="list-style-type: none"> Steamed green beans Homemade dip Water 	<ul style="list-style-type: none"> Banana milk French toast
PMSNACK	<ul style="list-style-type: none"> Trail mix Organic milk 	<ul style="list-style-type: none"> Whole wheat crackers String cheese Water 	<ul style="list-style-type: none"> Cheese cubes Fresh Clementine Water 	<ul style="list-style-type: none"> Organic Pear slices Graham crackers Water 	<ul style="list-style-type: none"> Fruit salad Whole wheat crackers Water

We Serve Healthy Meals

- Vegetarian meal options available
- Fresh fruits and vegetables served daily
- All meals are baked, not fried
- Proteins include chicken, turkey, tofu, cheese, yogurt and beans
- Organic whole milk served to infants and toddlers
- Organic 1% milk served to early preschool, preschool, and kindergarten prep
- All meals included in the tuition
- All meals served family style

**I/T: Infant/Toddler
Alternative**

V: Vegetarian Alternative

