

**Bright Atlantic Station**  
**March 2020 Horizons @**

<b>Monday</b> 3/2/2020	<b>Tuesday</b> 3/3/2020	<b>Wednesday</b> 3/4/2020	<b>Thursday</b> 3/5/2020	<b>Friday</b> 3/6/2020
Grits Sausage Mango Milk/ Water	Waffles Peaches Milk/ Water	Oatmeal Blueberries Milk/ Water	French Toast Sticks Oranges Milk/ Water	Pancakes Banana Milk/ Water
BBQ Chicken Mashed potatoes Green Peas Oranges Milk/ Water	Turkey Salisbury Steak Rice Peas & Carrots Pears Milk/ Water	Cheese Ravioli Green Beans Apple sauce Milk/ Water	Cheese quesadilla Black Beans Broccoli Peaches Milk/ Water	Chicken Sliders Carrots Pears Milk/ Water
Yogurt Water	Mandarin Oranges Water	Animal Crackers Water	Fresh Fruit Salad Water	Blueberry Bar Water

<b>Monday</b> 3/9/2020	<b>Tuesday</b> 3/10/2020	<b>Wednesday</b> 3/11/2020	<b>Thursday</b> 3/12/2020	<b>Friday</b> 3/13/2020
Cereal Bananas Milk/Water	French Toast Blueberries Milk/ Water	Grits Applesauce Milk/ Water	Bagels with Cream Cheese Mangos Milk/ Water	Oatmeal Apples Milk/ Water
Chicken Alfredo Peaches Green Beans Milk/ Water	Meatball Sub w/ Marina sauces Carrots Applesauce Milk/ Water	Turkey Sliders Broccoli Fresh Orange Slices Milk/ Water	Taco Lettuce Tomato Honeydew Milk/ Water	Pizza Garden Salad Pears Milk/ Water
Corn Muffin Water	Hummus & Pita Water	Fruit Bars Water	Chips & Salsa Water	Fresh Fruit Water

<b>Monday</b> 3/16/2020	<b>Tuesday</b> 3/17/2020	<b>Wednesday</b> 3/18/2020	<b>Thursday</b> 3/19/2020	<b>Friday</b> 3/20/2020
English Muffins Sausage Cantaloupe Milk/ Water	Muffins Oranges Milk/ Water	Turkey Sausage Cheese Grits Pears Milk/ Water	Pancakes Blueberries Milk/ Water	Oatmeal Banana Milk/ Water
Squash Ravioli Green Peas Pears Milk/ Water	Turkey Meatloaf Jasmine Rice Green Beans Apple Sauce Milk/ Water	BBQ Chicken Baked Potato Wedges Peaches Milk/ Water	Chicken Taco Lettuce, Cheese Black Beans Honeydew Milk/ Water	Cheese Pizza Caesar Salad Mango Milk/ Water

*\*Menus subject to change upon availability of products. \* Canned fruit is served in its own juice.  
 \*Water is offered daily. \*All juice served is 100% fruit juice!*

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Crackers Water	Bread Stick & Apple Butter Water	Pita & Hummus Water	Fruit Cup Water	Sugar free Applesauce Graham Crackers Water

<b>Monday</b> 3/23/2020	<b>Tuesday</b> 3/24/2020	<b>Wednesday</b> 3/25/2020	<b>Thursday</b> 3/26/2020	<b>Friday</b> 3/27/2020
Chicken Biscuits Apple Sauce Milk/ Water	Hash Brown Sausage Pears Milk/ Water	English muffin w/Jelly Mango Milk/ Water	Grits Sausage Oranges Milk/ Water	Apple Muffins Milk/Water
Salisbury Steak(Turkey) Rice Peas& Carrots Cantaloupe Milk/ Water	Teriyaki Chicken Mashed Potato Mix Vegetable Peaches  Milk/ Water	Turkey Sloppy Joe Broccoli Pears Milk/ Water	Chicken Sliders Carrots Baked French Fries Honeydew Milk/ Water	Grilled Cheese soup Peaches Milk/ Water
Fruit Bars Water	Apple Butter French Bread Water	Corn Muffin Water	Mini Bagels Apple Butter Water	Yogurt Water

**\*\*Vegetarian Substitution\*\***

*Tofu, veggie sausage, soy chicken nuggets, or beans will be substituted for any menu item that is not allowed for vegetarians. Please let your child's teacher and a member of management know if this is the option for your child.*

**Nutrition Tips**

Make Fruit More Appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.

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