## BRIGHT HORIZONS AT WHEATON

## What's on the Menu?



Week of: March 18th	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul><li>Whole Wheat Waffle</li><li>Fresh Fruit</li><li>Organic Milk</li></ul>	<ul><li>Mini Bagel</li><li>Cream Cheese</li><li>Fresh Fruit</li><li>Organic Milk</li></ul>	<ul><li>Cheerios</li><li>Fresh Fruit</li><li>Organic Milk</li></ul>	<ul> <li>Egg 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>Corn Bread Muffin</li><li>Organic Milk</li></ul>	■ Cheese & Tortilla Roll-up	<ul><li>Whole Wheat Waffle</li><li>Fresh Fruit</li></ul>	<ul><li>Cheerios</li><li>Milk</li></ul>	<ul><li>Mini Bagel</li><li>Cream Cheese</li></ul>
LUNCH	<ul> <li>Sloppy Joe Sandwich</li> <li>Sweet Potato Fries</li> <li>Fresh Fruit</li> <li>Organic Milk</li> <li>V: Veggie Patty Sandwich</li> </ul>	<ul> <li>Grilled Chicken         Nuggets</li> <li>Vegetarian Beans</li> <li>Fresh Fruit</li> <li>Organic Milk</li> <li>V: Cheese Sandwich</li> </ul>	<ul> <li>Grilled Cheese Sandwich</li> <li>Roasted Broccoli</li> <li>Fresh Fruit</li> <li>Organic Milk</li> </ul>	<ul> <li>Chicken Alfredo</li> <li>Egg Noodles</li> <li>Peas and Carrots</li> <li>Fresh Fruit</li> <li>Organic Milk</li> <li>V: Egg Noodles with Alfredo Sauce</li> </ul>	<ul> <li>Turkey Meatball Sub Sandwich</li> <li>Green Beans</li> <li>Fresh Fruit</li> <li>Organic Milk</li> <li>V: Veggie Patty</li> </ul>
AFTERNOON SNACK	<ul><li>Graham Crackers</li><li>Fresh Fruit</li></ul>	<ul><li>String Cheese</li><li>Wheat Crackers</li><li>I/T: Sliced Cheese</li></ul>	<ul><li>Nutrigrain Bar</li><li>Organic Milk</li></ul>	<ul><li>Homemade Blueberry Snack Cake</li><li>Fresh Fruit</li></ul>	<ul><li>Soft Pretzel</li><li>Cheddar Cubes</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





