

# BRIGHT HORIZONS AT MERCER

## What's on the Menu?



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>Rice Chex</li> <li>Raspberries</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Whole Wheat Raisin Bagel</li> <li>Pears</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Whole Wheat Pancakes</li> <li>Apples</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Oatmeal</li> <li>Blueberries</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Scrambled Eggs with Spinach</li> <li>Pears</li> <li>Toast</li> <li>Organic Milk</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>Vegetarian Lentil Soup</li> <li>Pita Bread</li> <li>Apples</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Balsamic Glazed Chicken</li> <li>Veggie Sausage</li> <li>Mixed Vegetables</li> <li>Brown Rice</li> <li>Oranges</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Turkey Bolognese</li> <li>Marinara Sauce and Pasta</li> <li>Veggie Crumbles</li> <li>Cantaloupe</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Salmon Chowder</li> <li>Potato Chowder</li> <li>Pears</li> <li>Bread Sticks</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Baked Ziti</li> <li>Biscuits</li> <li>Strawberries</li> <li>Organic Milk</li> </ul>
<b>AFTERNOON SNACK</b>	<ul style="list-style-type: none"> <li>String Cheese</li> <li>Mandarin Oranges</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Fruit Salad</li> <li>Graham Crackers</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Blueberry Muffins</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Banana Bread</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Cheddar Cheese Cubes</li> <li>Carrots</li> <li>Ranch Dip</li> <li>Water</li> </ul>
<b>EVENING SNACK</b>	<ul style="list-style-type: none"> <li>Cucumbers</li> <li>Humus</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Yogurt</li> <li>Blueberries</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Potato Salad</li> <li>Whole Wheat Crackers</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Cottage Cheese</li> <li>Mix Berries</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Soft Pretzels</li> <li>Apple Sauce</li> <li>Water</li> </ul>

### We Serve Healthy Meals

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

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

**V: Vegetarian Alternative**

