

# BRIGHT HORIZONS at GMCC

## What's on the Menu?



July 29 – August 2, 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING SNACK</b>	Rice Krispies Cereal Fresh Fruit	Hot Dog Hash Fresh Fruit	Banana Coconut Muffins Fresh Fruit	Toasted Cheese Bagels Fresh Fruit	Cinnamon Rolls Fresh Fruit
<b>LUNCH</b>	Ham and Cheese Sliders Grilled Cheese Mango Pineapple Coleslaw Fresh Fruit	Bean and Cheese Burritos Garden Corn Salad Fresh Fruit	Italian Turkey Loaf Veggie Patty Creamed Cauliflower Fresh Fruit	Baked Chicken and Rice Veggie Nuggets Steamed Peas and Carrots Fresh Fruit	Spinach Lasagna Roasted Garlic Toast Steamed Broccoli Florets Fresh Fruit
<b>AFTERNOON SNACK</b>	Ambrosia Fruit Salad Juice/Water	Graham Crackers and Cream Cheese Dip Juice/Water	Pita Chips and Hummus Juice/Water	Fruit Smoothies and Goldfish Crackers Juice/Water	Banana Snickerdoodles Juice/Water
<b>DINNER</b>	Hungarian Goulash Parmesan Pasta Steamed Green Beans Fresh Fruit	Beans and Franks Veggie Nuggets Potato Salad Fresh Fruit	Chilled Ginger Carrot Soup Ham and Cheese Wrap Cheese Quesadilla Fresh Fruit	Cheese Tortellini Roasted Zucchini Fresh Fruit	Red Beans and Rice Veggie Patty Roasted Cauliflower Fresh Fruit

### We Serve Healthy Meals

- Fresh fruits and vegetables served daily
- All meals are baked, not fried
- Proteins include chicken, turkey, beef, tofu, cheese, and beans
- Organic Milk served to all children Toddlers through Kindergarten Prep
- All meals served family style
- Select produce are locally grown and supplied by NC/SC farmers
- This menu is subject to change without notice due to deliveries and emergencies.

### Vegetarian Alternative

