



BRIGHT HORIZONS @ TCC

WEEKLY MEAL PLAN

September 2022

MONDAY September 5	TUESDAY September 6	WEDNESDAY September 7	THURSDAY September 8	FRIDAY September 9
CENTER CLOSED	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	Plain cheerios Bananas Milk	Scrambled Egg ^{-E} & Raisin Toast Fresh Fruit Milk <i>Eggless Option: Raisin Toast</i>	Yogurt Mixed Berries Milk <i>Non-Dairy Option: Applesauce</i>	Mini Bagels Cream cheese Fresh Fruit Milk
CENTER CLOSED	LUNCH	LUNCH	LUNCH	LUNCH
	Turkey & Cheese Sweet Potato Fries Fresh Fruit Milk <i>Non-Dairy: Turkey Sliders</i> <i>Veggie Option: Veggie/cheese sliders</i>	Grilled Chicken Patties Mixed Vegetables Fresh Fruit Milk <i>Veggie Option: Veggie Tenders</i>	Chicken & Cheese Quesadillas Sweet Corn Fresh Fruit Milk <i>Veggie and Non- Dairy Option: Veggie Quesadillas with no cheese</i>	Tuna Salad w/crackers Fresh Fruit Milk <i>Veggie Option: Veggie Pasta Salad</i>
CENTER CLOSED	PM SNACK	PM SNACK	PM SNACK	PM SNACK
	Animal Crackers Apple sauce Water	Apple Slices & Sunbutter Water	Hummus and Pita Chips Water	Granola Bars & Bananas Water

Menus subject to change upon availability of products. Water is offered daily. Organic Whole Milk is served to Toddlers for Breakfast and Lunch. 1% Organic Milk is served to all other age groups for Breakfast and Lunch.

E - Indicates contains or may contain eggs

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MONDAY September 12	TUESDAY September 13	WEDNESDAY September 14	THURSDAY September 15	FRIDAY September 16
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Corn Chex Cereal Bananas Milk	Potatoes, Green Peppers & Onions Fresh Fruit Milk	Waffles Fresh Fruit Milk	Cheese Eggs – E Fresh Fruit Milk <i>Non-Dairy: Scrambled Eggs Eggless Option: Cheese Toast</i>	English Muffins w/jelly Fresh Fruit Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Grilled Cheese Tater Tots Fresh Fruit Milk <i>Non Dairy Option: Turkey sandwiches with no cheese</i>	Chicken & Wild Rice Casserole Green Peas Fresh Fruit Milk <i>Non-Dairy/Veggie Option: Tofu & Wild Rice (No Cheese)</i>	Veggie Lo Mein Fresh Fruit Milk	Spaghetti w/ Turkey Meat sauce Garden Salad (ranch) Fresh Fruit Milk <i>Veggie Option: Spaghetti w/ red sauce</i>	Breaded Fish Filets w/ tartar sauce Sweet Potatoes Fries Fresh Fruit Milk <i>Veggie Option: Veggie Patties Sliders</i>
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Apple Sauce & Crackers Water	Steamed Carrots and Ranch Water	Graham Crackers Bananas Water	Salsa & Corn Chips (soft pita chips for infants/toddlers) Water	Assorted Muffins Water

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MONDAY September 19	TUESDAY September 20	WEDNESDAY September 21	THURSDAY September 22	FRIDAY September 23
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Bran Flakes Bananas Milk	Turkey Sausage Biscuits Fresh Fruit Milk <i>Veggie Option: Veggie Sausage</i>	French Toast Sticks E Fresh Fruit Milk	Cheese Grits Turkey Bacon Fresh Fruit Milk <i>Non- Dairy option: Plain Grits Veggie Option: Veggie Sausage</i>	Assorted Muffins Fresh Fruit Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Mac-n-Cheese, Chicken Nuggets, & Steamed Broccoli Fresh Fruit Milk <i>Non-Dairy Option: Chicken nuggets</i>	Veggie Fried Rice Eggrolls- E Fresh Fruit Milk <i>Eggless option: Fried rice without eggs</i>	Pasta Primavera Sautéed Spinach Fresh Fruit Milk	Curry Chicken Steamed Rice Green Beans Fresh Fruit Milk <i>Veggie Option: Curry Tofu</i>	Fish Sticks Cali Blend Veggies Fresh Fruit Milk <i>Veggie Option: Veggie Patties</i>
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Cheese and Crackers <i>Non-dairy: Turkey slices and crackers</i> Water	Granola Bars Apple slices Water	Roasted Red Pepper Hummus Pita chips Water	Graham Crackers Fresh Fruit Water	Sliced Oranges Water

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MONDAY September 26	TUESDAY September 27	WEDNESDAY September 28	THURSDAY September 29	FRIDAY September 30
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Mini Wheats Bananas Milk	Pancakes Turkey Sausage Fresh Fruit Milk <i>Veggie option: Veggies Sausage</i>	Yogurt Mixed Berries Milk <i>Non-Dairy option: applesauce</i>	Breakfast Burrito: Eggs ,Cheese- E Fresh Fruit Milk <i>Non- Dairy: Non cheese breakfast burrito</i> <i>Eggless Option: Cheese Toast</i>	Raisin Toast Apple Sauce Milk
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Broccoli, Cheese, & Rice Casserole & Grilled Chicken Fresh Fruit Milk <i>Non-Dairy: Grilled chicken, Broccoli and Rice</i>	Turkey Meatballs in brown gravy Mashed Potatoes Fresh Fruit Milk <i>Veggie Option: Veggie Patties</i>	Egg Plant Parmesan- E Garden Salad w/ranch Fresh Fruit Milk <i>Non-Dairy/Eggless: Pasta with red sauce</i>	Cheese Pizza Sweet Corn Fresh Fruit Milk <i>Non Dairy Option: Dairy free cheese pizza</i>	Salmon Alfredo w/Pasta & Peas Casserole Fresh Fruit Milk <i>Veggie Option: Veggie Alfredo</i> <i>Non-Dairy option: Plain salmon and plain pasta</i>
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Teddy Grahams Fresh Fruit Water	Sliced Apples Sunbutter Water	Chex Party Mix Water	Cucumbers and Ranch Water	Goldfish Crackers Fresh Fruit Water

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