



# Bright Horizons at East Brunswick

## Lunch July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 Meatball Parmesan Peas Fresh Fruit	3 Chicken Tacos Sour Cream, Cheese & Salsa Brown Rice Corn Fresh Fruit	4 4 <sup>th</sup> of July School Closed	5 Cheese Ravioli Breadsticks Carrots Fresh Fruit	6 Cheese Pita Pizza Green Beans Fresh Fruit
9 Sun Butter & Jelly On Whole Wheat Green Beans Fresh Fruit	10 Chicken & Rice Corn Fresh Fruit	11 Whole Wheat Macaroni & Cheese Breadsticks Peas Fresh Fruit	12 Chicken & Noodles Peas & Carrots Fresh Fruit	13 BBQ & Cheddar Pita Pizza Corn Fresh Fruit
16 Turkey & Cheese Club On Whole Wheat Peas Fresh Fruit	17 Chicken Quesadilla Sour Cream, Cheese & Salsa Brown Rice Corn Fresh Fruit	18 Whole Grain Penne & Broccoli Alfredo Breadsticks Fresh Fruit	19 Grilled Chicken & Rice Carrots Fresh Fruit	20 Ranch Pita Pizza Green Beans Fresh Fruit
23 Grilled Cheese Tomato Soup Green Beans Fresh Fruit	24 Chicken Burritos Sour Cream, Cheese & Salsa Brown Rice Corn Fresh Fruit	25 Cheese Tortellini Breadsticks Carrots Fresh Fruit	26 Whole Grain Turkey & Cheese Wrap Peas Fresh Fruit	27 Pita Pizza Green Beans Fresh Fruit
30 Meatball Parmesan Peas Fresh Fruit	31 Chicken Tacos Sour Cream, Cheese & Salsa Brown Rice Corn Fresh Fruit			

Fresh or frozen fruits and vegetables are used when available. Vegetarian substitutions (bean, soy, or tofu) are available for each meal and would be prepared in the same style as the scheduled menu items. AM Snack and Lunch served with milk. All meats are turkey or chicken, we do not use beef or pork. Fruits subject to change for Infant and Toddler classes.



# Bright Horizons at East Brunswick

## Breakfast/Snack July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Cereal Fruit Apple Cinnamon Rice Cakes	<b>3</b> Pancakes w/Syrup Fruit Wheat Thins Cheddar Cheese Cubes	<b>4</b> 4 <sup>th</sup> of July School Closed	<b>5</b> Muffins Fruit Graham Crackers Applesauce	<b>6</b> Cereal Fruit ///////// Assorted Fruit Cereal Bars
<b>9</b> Cereal Fruit Wheat Triscuits String Cheese	<b>10</b> Bagels & Cream Cheese Fruit Vanilla Wafers	<b>11</b> Waffles w/Syrup Fruit ///////// Apple Cinnamon Muffins	<b>12</b> Vanilla Yogurt Fruit Rice Cakes Jelly	<b>13</b> Cereal Fruit ///////// Assorted Fruit Cereal Bars
<b>16</b> Cereal Fruit Apple Cinnamon Rice Cakes	<b>17</b> Pancakes w/Syrup Fruit Wheat Thins Cheddar Cheese Cubes	<b>18</b> Strawberry Yogurt Granola ///////// Blueberry Lemon Animal Crackers	<b>19</b> Muffins Fruit Graham Crackers Applesauce	<b>20</b> Cereal Fruit ///////// Assorted Fruit Cereal Bars
<b>23</b> Cereal Fruit Wheat Triscuits String Cheese	<b>24</b> Bagels & Cream Cheese Fruit Vanilla Wafers	<b>25</b> Waffles w/Syrup Fruit ///////// Apple Cinnamon Muffins	<b>26</b> Vanilla Yogurt Fruit Rice Cakes Jelly	<b>27</b> Cereal Fruit ///////// Assorted Fruit Cereal Bars
<b>30</b> Cereal Fruit Apple Cinnamon Rice Cakes	<b>31</b> Pancakes w/Syrup Fruit Wheat Thins Cheddar Cheese Cubes			

Fresh or frozen fruits and vegetables are used when available. Vegetarian substitutions (bean, soy, or tofu) are available for each meal and would be prepared in the same style as the scheduled menu items. AM Snack and Lunch served with milk. All meats are turkey or chicken, we do not use beef or pork. Fruits subject to change for Infant and Toddler classes.

