

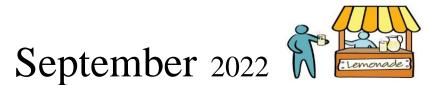
September 2022 Breakfast & snack Bright Horizons.



| | - | | Bright Honzon | |
|--|--|---|-------------------------------------|--|
| Monday | Tuesday | Wednesday | Thursday | Friday |
| Age-appropriate milk must be served with breakfast | | | Bran muffin Fresh fruit | 2 +Blueberry-peach oatmeal |
| | | | Diced pears Cereal snack mix | Triscuits Cucumber slices & ranch |
| 5 CLOSED FOR LABOR | 6 +Whole wheat flakes Fresh fruit | 7 +Wheat bagel w/cream cheese Fresh fruit | 8 +Toasted oats Fresh fruit | 9 Rice Crispies Fresh fruit |
| DAY | Wheat thins String cheese | Vanilla yogurt with Granola | Soft pretzel Applesauce | +Whole wheat pita pizza with Cheese |
| +Rice Chex Fresh fruit | 13 Blueberry bagel w/butter Fresh fruit | 14 +Kix Fresh fruit | 15 Bran muffin Fresh fruit | 16 +Blueberry-peach oatmeal |
| Graham cracker Diced peaches | Saltines Peach yogurt | Flatbread Sliced cheddar | Diced pears Cereal snack mix | Triscuits Cucumber slices & ranch |
| +Whole wheat flakes Fresh fruit | 20 +Wheat bagel w/cream cheese Fresh fruit | 21 +Toasted oats Fresh fruit | Rice Crispies Fresh fruit | 23 +Apple oatmeal |
| Wheat thins String cheese | Vanilla yogurt with Granola | Soft pretzel Applesauce | +Whole wheat pita pizza with Cheese | +Soft breadsticks Cheese cubes |
| 26 +Rice Chex Fresh fruit | 27 Blueberry bagel w/butter Fresh fruit | 28 +Kix Fresh fruit | 29 Bran muffin Fresh fruit | 30 +Blueberry-peach oatmeal |
| Graham cracker Diced peaches | Saltines Raspberry yogurt | Flatbread Sliced cheddar | Diced pears Cereal snack mix | Triscuits Cucumber slices & ranch |

⁺Whole grain





Lunch



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| Monday | Tuesday | Wednesday | Thursday | Friday |
| Age-appropriate milk must be served with lunch | Fresh fruits include but are not limited to: apples, oranges, bananas, pears, tangerines, cantaloupes, plums, nectarines, watermelons, strawberries, blueberries, peaches, honeydew, cantaloupes. Fruit will be served as it is in season and as it becomes ripe. This institution is an equal opportunity provider | | 1 Hamburger slider (V) Black bean burger #^ Bean medley *Whole wheat roll Fresh fruit | BBQ chicken leg (V) Mushroom stroganoff ^ California blend vegetables *Whole wheat bread/butter Fresh fruit |
| 5 CLOSED FOR LABOR DAY | Turkey sloppy joe (V) Vegetarian sloppy joe ^ Corn & edamame *Whole wheat roll Fresh fruit | 7 (V) Whole grain cheese melt * Tomato alphabet soup Fresh fruit | 8 Shepherd's Pie (V) Chickpea curry with potatoes^ Pineapple/mango coleslaw *Whole wheat bread/butter Fresh fruit | Maryland-style chicken (V) Broccoli & cheddar quinoa w/brown rice * Sugar snaps & carrots *Whole wheat bread/butter Fresh fruit |
| Whole wheat Turk-a-roni* (V) White bean mushroom soup^ Grated cheese Southwest salad Fresh fruit | 13 (V) Whole grain pizza* Garden salad Fresh fruit | 14 Chicken nuggets (V) Veggie nuggets Potato soup Whole wheat bread/butter* Fresh fruit | 15 (V) Spinach manicotti Winter blend vegetables Whole wheat bread/butter* Fresh fruit | 16 (V) Beans & Brown rice^ Tossed salad Tortilla* Fresh fruit |
| Chicken Alfredo with tri-color pasta (V) Tri-color pasta alfredo Salad Fresh fruit | 20 (V) Quiche Peas Whole wheat bread/butter* Fresh fruit | 21 Spaghetti & meat sauce* (V) Spaghetti & tomato sauce w/ soy #^ Grated cheese Spinach salad Fresh fruit | Chicken leg w/ buttermilk gravy (V) Picadillo^ Zucchini & yellow squash Whole wheat bread/butter * Fresh fruit | 23 Turkey taco w/whole wheat Tortilla* (V) Beans & brown rice burrito*^ Corn Grated cheese Fresh fruit |
| Power veggie beef & chicken stew (V) Black bean tortilla soup^ Spinach salad Whole wheat bread/butter* Fresh fruit | Turkey meatloaf (V) French lentils w/ thyme^ Mashed sweet potatoes Whole wheat bread/butter* Fresh fruit | 28 Dirty brown rice with beef* (V) Dirty brown rice^ Apple coleslaw Fresh fruit | Bean, corn, & chicken quesadilla (V) Bean, corn & cheese quesadilla With whole wheat tortilla * Green Beans Fresh fruit | 30 (V) Lasagna Tossed salad Fresh fruit |

(V) Vegetarian meal

*Whole grain

#Gluten free

^Vegan