

BRIGHT HORIZONS

What's on the Menu?



Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Corn Flakes Honeydew Milk*	Ham, Potato, Egg Scramble# Peaches Milk*	Oatmeal Mixed Fruit Milk*	Yogurt* Raspberries Milk*	Bagels and Cream Cheese* Mango Milk*
LUNCH	Cheese Ravioli* in Marinara Sauce Peas Oranges Milk*	Creamy Chicken Noodles Casserole* Veggie Noodle Casserole* Green Beans Pears Milk*	Spaghetti with Meat Sauce Spaghetti with Marinara California Veggie Medley Fruit Cocktail Milk*	BBQ Turkey Meatballs BBQ Veggie Nuggets Mashed Potatoes* Mixed Veggies Mandarin Oranges Milk*	Cheesy Chicken and Rice* Veggie and Rice Bowl California Veggie Medley Strawberries Milk*
AFTERNOON SNACK	Apples String Cheese*	Graham Crackers Yogurt*	Pita Bread Salsa	Vanilla Wafers * Applesauce	Cheese Cubes* Wheat Wafers

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, pork, cheese, and beans
- Organic whole milk served to infants and toddlers
- Organic 1% milk served to young preschool, preschool, and kindergarten prep
- All meals served family style

Vegetarian Alternative

Allergens (center is nut safe):

- * Dairy
- # Egg



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Week 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Toasted Oats Cereal Mixed Fruit Milk*	Turkey Sausage Biscuit Blueberries Milk*	Turkey Bacon Waffle Peaches Milk*	Yogurt* Raspberries Milk*	Cinnamon Raisin Bagels Cream Cheese* Apples Milk*
LUNCH	Mexican Beef Rice Casserole Vegetarian Rice Casserole Corn Pears Milk*	Chicken Pot Pie Veggie Pot Pie Mixed Veggies Strawberries Milk*	Salisbury Steak Veggie Patty Mashed Potatoes* Peas Bananas Milk*	Grilled Cheese Sandwich Vegetable Soup Mixed Fruit Milk*	Turkey Cheeseburger* Veggie Cheeseburger* Green Beans Oranges Milk*
AFTERNOON SNACK	Cottage Cheese* Oranges Wheat Crackers	Pita Bread Salsa	Carrot Sticks Ranch Dressing*	Graham Crackers Cream Cheese* Pineapple	Nutrigrain Bar Cheese Stick*

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Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Life Cereal Pineapple Milk	Turkey, Ham and Egg Pizza#* Cheesy Egg Pizza#* Blueberries Milk	Cheese Grits* Turkey Sausage Veggie Sausage*# Raspberries Milk	Pancakes*# Bananas Milk	Oatmeal Strawberries Milk
LUNCH	Deli Sandwich w/ Whole Grain Bread Cheese Sandwich* Corn & Peppers Honeydew Melon Milk	Beef Meatloaf* Veggie Patty*# Whole Grain Breadstick Green Peas Apples Milk	Turkey Chili Veggie Chili Oyster Crackers* Carrot Sticks Oranges Milk	Teriyaki Chicken Stir Fry Veggie Stir Fry Brown Rice Broccoli, Green Beans, Mushrooms Mandarin Oranges Milk	Veggie Lasagna* w/ Zucchini, Carrots, Yellow Squash Whole Grain Pasta Pears Milk
AFTERNOON SNACK	NutriGrain Bar* String Cheese*	Yogurt* Peaches	Whole Grain Crackers Sun Butter	Veggie Sticks Ranch Dressing*	Graham Crackers Cheese Cubes*

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Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Toasted Oats Cereal Blueberries Milk*	Bagel and Cream Cheese #* Strawberries Milk*	Biscuits Apple Butter Pineapple Milk*	Pancakes#* Bananas Milk*	Blueberry Muffin#* Mango Milk*
LUNCH	Baked Mac & Cheese* Peas Applesauce Whole Grain Pasta Milk*	Baked Lemon Pepper Cod Black Bean Veggie Patty Rice Pilaf Mixed Vegetables Pineapple Milk*	Roast Beef Veggie Patty Mashed Potatoes* Green Beans Apples Milk*	Baked Chicken Veggie Nuggets Cornbread#* Broccoli Mandarin Oranges Milk*	Sunbutter and Jam Sandwiches Carrot Sticks Mixed Fruit Whole Wheat Bread Milk*
AFTERNOON SNACK	Carrot and Celery Sticks Ranch Dressing*	Whole Wheat Crackers String Cheese*	Soft Pretzel Bites Cheese*	Cheese Cubes* Wheat Crackers	Nutrigrain Bar* Milk*

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Week 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cornflakes Mixed Berries Milk*	French Toast Sticks*# Spiced Apples Milk*	Cream of Wheat Blueberries Milk*	Waffles# Peaches Milk*	Sweet Potato, Sausage and Egg Scramble# Strawberries Milk*
LUNCH	Hot Turkey and Cheese* Sandwich Cheese Sandwich* Green Beans Pineapple Milk*	Spaghetti w/ Turkey Sauce Spaghetti w/ Marinara Broccoli Oranges Milk*	Turkey Taco Cheese Taco*# Lettuce, Tomatoes Salsa Whole Wheat Tortilla Milk*	Beef Cheeseburger* Veggie Burger* Mixed Vegetables Cantaloupe Whole Wheat Bun Milk*	BBQ Chicken Strips Vegetarian Nuggets Garden Salad w/ Italian Dressing Mandarin Oranges Breadstick Milk*
AFTERNOON SNACK	Vanilla Wafers* Pears Milk*	Soy and Apple Butter Wheat Crackers	Chex Mix* Banana	Raspberries Granola Yogurt*	Nutrigrain Bar String Cheese*

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Week 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Krispy Rice Raspberries Milk*	Baked Oatmeal* Spiced Apples* Milk*	Turkey Bacon Scrambled Eggs# Pears Milk*	French Toast Sticks #* Mango Milk*	Granola Yogurt* Blueberries Milk*
LUNCH	Creamy Chicken Noodles* Creamy Noodles* Green Beans Pineapple Milk*	Bagel Cheese Pizza* Garden Salad w/ Italian Dressing Strawberries Bagel Milk*	Baked Breaded Tilapia Veggie Burger Carrots Bananas Brown Rice Milk*	Shepard's Pie* Vegetarian Shepard's Pie* Mixed Vegetables Applesauce Breadsticks Milk*	Sweet and Sour Chicken Veggie Nuggets Fire Roasted Potatoes Broccoli Mandarin Oranges Milk*
AFTERNOON SNACK	Veggie Sticks Ranch Dip*	Vanilla Wafers Dried Cranberries	Cheddar Cheese Cubes* Nutrigrain Bar	Peaches Cottage Cheese*	Bosco Stick* Marinara Sauce

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Week 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Life Cereal Peaches Milk*	Cinnamon Raisin Bread Strawberries Milk*	Whole Grain Waffles*# Mixed Fruit Milk*	Bagel and Cream Cheese* Blueberries Milk*	Fruit Smoothie* Granola Milk*
LUNCH	Deli Sandwich/Wheat bread* Cheese Sandwich* Corn Apples Milk*	Curry Chicken Curry Cauliflower Potatoes & Carrots Brown Rice Orange Milk*	Cheese Ravioli w/Marinara Sauce*# Green Beans Banana Milk*	BBQ Turkey Meatballs* Veggie Nuggets* Mashed Potatoes* Brussels Sprouts Pears Milk*	Chicken Noodle Soup# Vegetable Soup# Grilled Cheese Sandwich* Mango Whole Grain Bread Milk*
AFTERNOON SNACK	Nutrigrain bar Cheesestick*	Apple & Soy Butter Wheat Crackers	Graham Crackers Apple Sauce	Pita Bread Salsa	Animal Crackers Raisins

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Week 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Kix Cereal Peaches Milk*	Raisin Bran Muffins # Mango Milk*	Apple Strudel * Blueberries Milk*	English Muffins with Jelly Bananas Milk*	Turkey Bacon and Egg Breakfast Pizza # Cheese Breakfast Pizza # Pineapple Milk*
LUNCH	Tuna Salad* Veggie Nuggets Celery and Carrot Dippers Mixed Fruit Milk*	Deli Sandwich* Cheese Sandwich* Whole Wheat Bread Green Beans Strawberries Milk*	Turkey Sausage Veggie Sausage Hash Browns Whole Wheat Biscuit Oranges Milk*	Beef Tacos Veggie Tacos Whole Wheat Tortilla Pears Lettuce and Tomato Milk*	Chicken, Broccoli & Rice Bowl Vegetable Rice Bowl Brown Rice Apples Milk*
AFTERNOON SNACK	Graham Crackers String Cheese*	Pita Bread Salsa	Animal Crackers Dried Cranberries	Cheese Cubes* Wheat Crackers	Vanilla Wafers * Raisins

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