

# BRIGHT HORIZONS AT ROCKAWAY

January 15<sup>th</sup> - January 19<sup>th</sup>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Assorted Muffins or Bagels w/Cream Cheese Craisins  Water	Whole Grain Waffles Turkey Bacon  Water	Vanilla Yogurt Fresh Mangos  Water	Corn Flakes Fresh Strawberries  Water	Oatmeal Raisins  Water
LUNCH	Spinach and cheese Quiche Edamame Fresh Peaches  Milk	Sun Butter and Jelly On Whole Wheat Corn Applesauce  Milk	Vegetarian Bean and Vegetable Chili Brown Rice Fresh Grapefruit  Milk	Turkey and Cheese on Whole Wheat Peas and Carrots Honey Dew Melon  Milk	Whole Grain Penne Pasta w/Turkey Meatballs in Marinara Sauce Green Beans Bananas  Milk
AFTERNOON SNACK	Pretzel Bites Cheese Sticks  Water	Whole Wheat Round Crackers Hummus  Water	Graham Crackers Bananas  Water	Nilla Wafers and Sun Butter  Water	Whole Wheat Pita Cottage Cheese  Water

