



Bright Horizons at Bishop Ranch-Sample Menu August 2016



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	<p>AM Snack: Mixed melon Yogurt</p> <p>Lunch: Baked polenta w/marinara & mozzarella Summer vegetable sauté</p> <p>PM Snack: Pasta salad</p>	<p>AM Snack: French Toast Mixed berries</p> <p>Lunch: Bean & cheese burritos Spanish rice Avocado salad</p> <p>PM Snack: Augua Fresca Graham crackers</p>	<p>AM Snack: Cereal Bananas</p> <p>Lunch: Cucumber & hummus on whole wheat Heirloom tomato, fresh mozzarella & basil pesto on whole wheat Melon</p> <p>PM Snack: Quinoa salad</p>	<p>AM Snack: Whole wheat bagels w/cream cheese Oranges</p> <p>Lunch: Stuffed zucchini Heirloom tomato salad</p> <p>PM Snack: Crudités w/ hummus</p>	<p>AM Snack: Chef's choice</p> <p>Lunch: Chef's choice</p> <p>PM Snack: Chef's choice</p>
Week 2	<p>AM Snack: Cereal Fruit plate</p> <p>Lunch: White bean & vegetable stew w/fresh turkey sausage Cornbread</p> <p>PM Snack: Trail mix</p>	<p>AM Snack: Hard cooked eggs Bananas</p> <p>Lunch: Lemon chicken Fingerling potatoes Summer squash</p> <p>PM Snack: Gingerbread</p>	<p>AM Snack: Breakfast bread Bananas</p> <p>Lunch: Egg noodles w/vegetable ragout Brocolini</p> <p>PM Snack: Oat bars</p>	<p>AM Snack: Oatmeal Berries</p> <p>Lunch: Salmon fillets w/plum chutney Quinoa pilaf Asparagus</p> <p>PM Snack: Fruit & cheese plate</p>	<p>AM Snack: Chef's choice</p> <p>Lunch: Chef's choice</p> <p>PM Snack: Chef's choice</p>

Our menu changes every two weeks and reflects the seasons. Our produce is fresh, locally grown and/or organic and is featured prominently on the menu. We serve locally sourced, hormone/antibiotic free and/or organic dairy, poultry and fish. The menu is subject to change due to availability and daily schedules. All menu changes are posted on the dry erase board located by the kitchen. **We are a nut free environment.**

Minimum Portion Sizes

	Ages 1-2	Ages 3-5
Milk	½ cup	¾ cup
Yogurt	½ cup	¾ cup
Cheese	1 oz.	½ oz.
Protein	1 oz.	½ oz.
Fruit	¼ cup	½ cup
Vegetable	¼ cup	½ cup
Bread	½ slice	½ slice
Cereal	¼ cup	1/3 cup
Crackers	¼ cup	¼ cup

