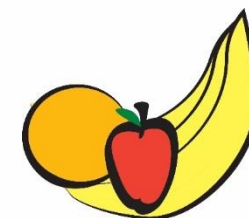




Bright Horizons at Beverly Snack Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Served 7-8	Whole grain cereal and milk	Raisin bread and unsweetened applesauce	Whole wheat bagel and cream cheese	Cottage cheese and fresh fruit	Organic yogurt and fresh fruit
Morning snack	multigrain rice cakes organic fresh fruit spread	Whole grain cereal and organic milk	Organic yogurt and fresh fruit	Raisin bread and unsweetened applesauce	Whole wheat bagels and cream cheese
Afternoon Snack	Organic whole wheat pretzels, cottage cheese and fresh vegetables	Graham crackers and fresh fruit	7 grain crackers, cheddar cheese and fresh vegetables	Whole wheat pita bread, chick peas, tzatziki, and fresh vegetables	Organic blue corn tortilla chips and organic salsa

- **Fresh Fruit** (seasonal, may include): Apples, bananas, oranges, clementine's, berries, watermelon, cantaloupe or pineapple
 - **Fresh Vegetables** (seasonal may include): Cucumbers, avocado, tomatoes, carrots, green beans or snap peas
 - **Organic Milk** is served at lunch; water is served with snacks and throughout the day.
- Children over 1 year and toddlers are offered whole milk. Preschool and Kindergarten Prep are offered 1% milk.

