

2017 Bright Horizons at Harborview Cycle Menu



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------------------------|---------------------------|---------------------------|----------------------------|---------------------------|
| Week I | B Cereal | B WW English | B Scrambled eggs, | B WW Toast, | B Pancakes, |
| | Seasonal Fruit | Muffins, Bananas | toast, Seasonal | Turkey Sausage, | Applesauce, |
| | | | Fruit | Apples | Seasonal Fruit |
| | L Grilled Cheese | L Fish sticks | | | |
| | Veggies | Mashed Potatoes | L Cheese Ravioli & | L Pizza, Veggies | L Cheese |
| | Veggie Burger | Veggie, Veggie | Sauce, Veggies, | | Quesadilla, Salsa, |
| | | Burger | Veggie Burger | S Zucchini, Bell | Brown Rice, |
| | S Ritz Crackers | S Yogurt | S Watermelon, | Peppers, | Veggies |
| | Clementines | | Pita Bread | Cucumbers, & | S Cottage Cheese |
| | | | | Hummus | & Melon |
| Week 2 | B Mini Bagels & | B Oatmeal, Bananas | B Scrambled Eggs, | B Cereal, Apples | B Pancakes & |
| | Jam, Seasonal Fruit | | Toast, Seasonal | | Applesauce, |
| | | L Turkey Burger, | Fruit | _ | Seasonal Fruit |
| | L Grilled Cheese, | Sweet Potato Fries, | | L 1/2 Soup, 1/2 | _ |
| | Veggies, Veggie | Veggies, Veggie | L Pizza, Veggies | Sandwich, Veggies, | L Mac & Cheese, |
| | Burger | Burger | | Veggie Burger | Veggies, Veggie Burger |
| | | S Cottage Cheese | S Watermelon & | | |
| | S Goldfish, Apples | & Melon | Graham Crackers | S Cheese Sticks & | S Ritz Crackers |
| | | | | Crackers | Clementines |
| Week 3 | B Cereal, Pears, | B Toast, Turkey | B Pancake, | B English Muffins & | B Scrambled Eggs, |
| | Milk | Sausage, Bananas | Applesauce, | Cheese, Apples | Toast, Seasonal |
| | | | Seasonal Fruit | | Fruit |
| | L Grilled Cheese, | L ½ Soup, ½ | L Cheese | L Pasta & Meatballs, | |
| | Veggies, Veggie | Sandwich, Veggies, | Quesadilla, Salsa, | Veggies | L Pizza, Veggies |
| | Burger | Veggie Burger | Brown Rice, | | |
| | | | Veggies | S Yogurt | S Hummus & Pita |
| | S Saltines & Melon | S Rice Cakes & | | | Bread |
| | | Oranges | S Watermelon, Ritz | | |
| | | | Crackers | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|--|----------------------------|--|---|--|
| Week 4 | B Mini Bagels & Jam, Seasonal Fruit | B Cereal, Bananas | B Waffles, Applesauce, Seasonal Fruit | B WW Toast, Turkey Sausage, Apples | B Hard Boiled Eggs, Toast, Fruit |
| | L Cheese Tortellini | L Grilled Cheese, | L Turkey Burger, | '' | L Pasta, Meatballs, |
| | & Sauce, Veggies, | Veggies, Veggie | Sweet Potato Fries, | L Pizza, Veggies | Veggies, Veggie |
| | Veggie Burger | Burger | Veggies, Veggie Burger | | Burger |
| | S Goldfish, Apples | S Yogurt | S Watermelon, Saltines | S Cottage Cheese & Melon | S Ritz Crackers |
| Week 5 | B Cereal, Seasonal | B Oatmeal, Bananas | B Scrambled Eggs, | B Toast, Turkey | B Pancakes & |
| , , cont c | Fruit | | Toast, Seasonal | Sausage, Seasonal | Applesauce, |
| | | L Fish Sticks, | Fruit | Fruit | Seasonal Fruit |
| | L Grilled Cheese, | Mashed Potato, | | | |
| | Veggies, Veggie | Veggies, Veggie | L Pizza, Veggies | L ½ Soup, ½ | L Cheese Ravioli, |
| | Burger | Burger | | Sandwich, Veggies, | Veggies, Veggie |
| | e Caldear | S Veggies & Dip | S Watermelon & | Veggie Burger | Burger |
| | S Goldfish, | | Graham Crackers | C Vo gruph | C Llummura 0 Dies |
| | Oranges | | | S Yogurt | S Hummus & Pita Bread |
| Week 6 | B Mini Bagels, Jam, | B Oatmeal, Bananas | B Scrambled Eggs, | B Cereal, Apples | B Pancakes, |
| | Seasonal Fruit | | Toast, Seasonal | | Applesauce, |
| | | L Turkey Burger, | Fruit | | Seasonal Fruit |
| | L ½ Soup, ½ | Sweet Potato Fries, | | L Fish Sticks, | |
| | Sandwich, Veggies, | Veggies, Veggie | L Pizza, Veggies | Mashed Potato, | L Mac & Cheese, |
| | Veggie Burger | Burger | | Veggies, Veggie Burger | Veggies, Veggie Burger |
| | | S Cheese Sticks and | S Watermelon, Ritz | | |
| | S Saltines & Apples | Crackers | Crackers | S Cottage Cheese, Melon | S Rice Cakes & Oranges |