

MENU: Week 6



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	French Toast Peaches Milk	Cheerios Half Banana Milk	Orange Blossom Muffin Pears Milk *no nuts	Turkey Sausage Patty on Whole Wheat Muffin V: Cheerios Fresh Fruit Milk	Rice Krispy Cereal Fresh Fruit Milk
Lunch	½ Grilled Cheese Sandwich on Wheat Broccoli Fresh Orange Slices I/T – Mandarin Oranges Milk	Grilled Parmesan Chicken Breast V: <i>Rice & Vegetables</i> Green Beans Pears Milk	½ Turkey & Cheese Sandwich on Wheat V: <i>Cheese Sandwich</i> Baked Potato Soup Fresh Fruit Milk	Grilled Chicken Cheddar Sandwich on Wheat Bun V: <i>Veggie Burger</i> w/cheese Broccoli Fresh Fruit Milk	Cheeseburger on Wheat Bun V: <i>Veggie Wrap</i> Steamed Green Beans Sliced Pears Milk
Snack	Nutri Grain Bars Water	Wheat Crackers American Cheese Water	Banana Muffin Water *no nuts	String Cheese Apple Slices I/T-Applesauce Water	Apple Muffin Water

V=Vegetarian option

**Breakfast and Lunch include: Whole milk for infants and toddlers; 1% milk for two-year-olds and preschoolers

**Most vegetables served at Lunch are Fresh and Steam-Cooked (Peas, Corn, and some Vegetable Blends are frozen and then steam-cooked)

**All Breads and Pastas are Whole Wheat or Whole Grain

**Foods are baked, not fried.

Bright Horizons and the Ecolab Child Development Center are proud to collaborate with the Partnership for a Healthier America® in their fight against childhood obesity and in favor of healthy food choices in the early years.