




## Bright Horizons at the Y Weekly Menu



	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Breakfast</b>	WW Mini- Bagels served with Cream Cheese Fruit Mix Milk	WW English Muffin served with butter Mandarin Oranges Milk	WG Pancake Applesauce Milk	WG Cereal - Chex Pineapple Milk	WG Toast served with butter Strawberry Milk	<b>Meet our Cook Ms. Adrihana</b>    <b>Wisconsin State Certified</b>  <b>Partnership for Healthier America Nutrition and Meal Guidelines Trained</b>
<b>Lunch</b>	<i>Hamburger patty on WW Bun served with Sliced Cheese Sweet Potatoes Applesauce Milk</i>	<i>WW Tortellini Beef Pasta Sauce Broccoli Mango Broccoli Milk</i>	<i>Diced Chicken Tacos WW Tortilla Peas and Carrots Pears Milk</i>	<i>Italian Chicken Butter Bread Diced Potatoes Mandarin Oranges Milk</i>	<i>Teriyaki Chicken Stir Fry WW Brown Rice Mango Stir Fry Veggies Milk</i>	
<b>Vegetarian Entree</b>	V: Veggie Patty	V: WW Tri Color Tortellini	V: Veggie Crumble & Cheese Tacos	V: Veggie Breakfast Sausage	V: Teriyaki Veggie Strips	
<b>Afternoon Snack</b>	WW Tortilla Sunflower Butter Milk	Yogurt Parfait Rice Crispies and Berries Water	WW Pita Bread Hard Boiled Egg Water	Nutri-grain Bars Pears Water	WG Trail Mix – Cheerios, Craisins, & Granola Milk	

### Healthy Meals



WW – Whole Wheat

WG – Whole Grain

I/T: Infant/Toddler Alternative

V: Vegetarian Alternative

- Vegetarian Meal Options.
- Fresh Fruits and Vegetables Served Every Day.
- All Raw Vegetables are cooked for children under the age of 3 years.
- All Meals are Baked Not Fried.
- Proteins Include Chicken, Turkey, Ham, Beef, Fish, Tofu, Cheese and Beans.
- Whole Milk Served to Infants and Toddlers.
- 1% Milk Served to Young Preschool, Preschool and Kindergarten Prep.
- Evening Snack is provided in the lobby every day.
- All Meals are Included in the Tuition.
- All Meals are Served Family Style.

