

BRIGHT HORIZONS AT ROCKAWAY

January 15th - January 19th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	Assorted Muffins or Bagels w/Cream Cheese Craisins Water	Whole Grain Waffles Turkey Bacon Water	Vanilla Yogurt Fresh Mangos Water	Corn Flakes Fresh Strawberries Water	Oatmeal Raisins Water
LUNCH	Spinach and cheese Quiche Edamame Fresh Peaches Milk	Sun Butter and Jelly On Whole Wheat Corn Applesauce Milk	Vegetarian Bean and Vegetable Chili Brown Rice Fresh Grapefruit Milk	Turkey and Cheese on Whole Wheat Peas and Carrots Honey Dew Melon Milk	Whole Grain Penne Pasta w/Turkey Meatballs in Marinara Sauce Green Beans Bananas Milk
AFTERNOON SNACK	Pretzel Bites Cheese Sticks Water	Whole Wheat Round Crackers Hummus Water	Graham Crackers Bananas Water	Nilla Wafers and Sun Butter Water	Whole Wheat Pita Cottage Cheese Water

