

# Bright Horizons at Apex

## Sample Menu Full Service Kitchen

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Snack</b>	Homemade Egg and Cheese Biscuit  Organic Hormone-Free Milk	Rice Chex  Organic Hormone-Free Milk	Homemade Pancakes With Fresh Blueberries  Organic Hormone-Free Milk	Homemade Egg and Potatoes Casserole  Organic Hormone-Free Milk	Cheerios  Organic Hormone-Free Milk
<b>Lunch</b>	Homemade Sausage, Rice & Bean Casserole <i>Rice &amp; Bean Casserole</i> Mixed Vegetables Cantaloupe  Organic Hormone-Free Milk	Grilled Cheese Sandwich Roasted Potatoes Fresh Pineapples  Organic Hormone-Free Milk	Homemade Chicken Quesadillas <i>Cheese Quesadillas</i> Brown Rice Pilaf Fresh Honey Dew  Organic Hormone-Free Milk	Homemade Turkey and Vegetable Chili <i>Veggie Burger</i> Crackers Fresh Bananas  Organic Hormone-Free Milk	Homemade Chicken Pot Pie <i>Vegetable Pot pie</i> Mandarin Oranges  Organic Hormone-Free Milk
<b>Afternoon Snack</b>	Homemade Vegetable Quiche  Water	Homemade Peach Bread  Water	Homemade Banana Bread  Water	Homemade Red Pepper Hummus Fresh Broccoli  Water	Fresh Oranges Graham Crackers  Water

*Vegetarian options are listed in italics.  
All fruit options are fresh or packed in its own juice.*

**\*\*This menu is subject to change without notice due to deliveries and emergencies.**

**In our curriculum, Well Aware fosters positive attitudes toward healthy living, physical activity, and well-balanced nutrition through appropriate experiences that incorporate healthful habits into daily routines.**

