

MENU: Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toasted Waffles Fresh Orange Slices I/T – Mandarin Oranges Milk	Turkey Sausage Biscuit V: <i>Cheerios</i> Half Banana Milk	Soft Bagel & Cream Cheese Peaches Milk	Toasted English Muffin w/ Melted Cheese Fresh Fruit Milk	Cheerios Half Banana Milk
Lunch	Chicken Noodle Soup Breadsticks V: <i>Rice & Vegetables</i> Mixed Vegetable Medley Pears Milk	Cheeseburgers V: <i>Grilled Cheese</i> Green Beans Cantaloupe Milk	Soft Chicken Taco w/ Shredded Cheddar Cheese V: <i>Cheese Quesadilla</i> I/T - Chicken Strips w/Cheese Corn Half Banana Milk	Whole Grain Pasta w/ Ground Turkey Meat Sauce V: <i>Marinara Sauce</i> Peas Apple Sauce Milk	Breaded Fish Patty Mac & Cheese Mixed Vegetable Fresh Fruit Milk
Snack	Whole Wheat Crackers Peaches Water	Vanilla Yogurt Fresh Apple Slices I/T - Applesauce Water	Nutri Grain Bar Fresh Fruit Water	Whole Wheat Crackers American Cheese Water	Cottage Cheese Peaches 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.