

MENU: Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Blueberry Muffin Peaches Milk *no nuts	Pancakes Pears Milk	Hot Oatmeal w/ Peaches Milk	Scrambled Eggs w/ Wheat Toast Pears Milk	Waffles Fresh Pineapple Milk
Lunch	Chicken Nuggets <i>V: Rice & Vegetables</i> Sliced Carrots Applesauce Milk	½ Turkey & Cheese Sandwich on Wheat <i>V: Veggie Burger</i> Broccoli Cheese Soup Half Banana Milk	Sliced Breaded Pork <i>V: Veggie Wrap</i> Roasted Potatoes Pineapple Milk	Whole Grain Pasta w/ Turkey Meat Sauce <i>V: Marina Sauce</i> Steamed Green Beans Half Banana Milk	Chicken Parmesan <i>V: Grilled Cheese</i> Mashed Potatoes Pears Milk
Snack	Fresh Apple Slices String Cheese I/T - Applesauce Water	Carrots w/ Ranch Dressing I/T – Cheerios w/ Milk Water	Vanilla Yogurt Fresh Fruit Water	½ Cheese Sandwich on Wheat Bread 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.