

## MENU: Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Soft Bagel w/ Cream Cheese Peaches Milk	Cinnamon Raisin Toast Pears Milk	Cheerios Half Banana Milk	Apple Muffin Orange Slices I/T - Mandarin Oranges Milk  *no nuts	Egg Breakfast Sandwich on Wheat bread Pears Milk
<b>Lunch</b>	Stuffed Shells Peas & Carrots I/T - Smashed Peas & Carrots Applesauce Milk	Turkey Sloppy Joe V: <i>Rice &amp; Vegetables</i> Steamed Green Beans Apple Slices I/T - Applesauce Milk	Grilled Cheese on Whole Wheat Broccoli Cheddar Soup Fresh Fruit Milk	Baked Ziti Warm Bread Stick Sliced Carrots Applesauce Milk	English muffin Pizza Broccoli Pineapple Milk
<b>Snack</b>	Nutri Grain bar Fresh Fruit Water	Tortilla Chips & Salsa I/F – Vanilla Yogurt Water	Banana Muffin Water  *no nuts	Fresh Fruit Water	Wheat Crackers String Cheese Water

\*\*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.**