

## MENU: Week 4



|                  | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|------------------|---|--|---|---|--|
| <b>Breakfast</b> | Toasted English Muffin<br>w/ Melted Cheese<br>Fresh Orange Slices<br>I/T - Mandarin Oranges<br>Milk | Scrambled Eggs<br>w/ Wheat Toast<br>Peaches<br>Milk  | Cheerios<br>Half Banana<br>Milk   | Turkey Sausage Biscuit<br>V: <i>Cheerios</i><br>Sliced Pears<br>Milk      | Pancakes<br>Half Banana<br>Milk  |
| <b>Lunch</b>     | Chicken Quesadillas<br>V: <i>Cheese Quesadilla</i><br>Mixed Veggies Fresh<br>Pineapple<br>Milk      | Turkey Wrap<br>w/ American Cheese<br>V: <i>Veggie Wrap</i><br>Broccoli<br>Mandarin Oranges<br>Milk | Chicken Strips<br>V: <i>Rice &amp; Veggies</i><br>Peas<br>Pears<br>Milk | Cheese Tortellini with<br>Marinara<br>Mixed Veggies<br>Applesauce<br>Milk | ½ Turkey and Cheese<br>Sandwich on<br>Whole Wheat Bread<br>V: <i>Cheese Sandwich</i><br>Steamed Green Beans<br>Fresh Fruit<br>Milk |
| <b>Snack</b>     | Blueberry Muffin*<br>Water<br><br>*no nuts  | String Cheese<br>Fresh Apple Slices<br>I/T - Applesauce<br>Water                                   | Cottage Cheese<br>Peaches<br>Water                                      | Apple Muffin<br>Water   | Vanilla Yogurt<br>Fresh Fruit<br>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.**