



MENU: Week 5

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Ham & Egg Breakfast Sandwich on Wheat <i>V: Egg & Cheese Sandwich</i> Pears Milk	Cheerios Fresh Fruit Milk	French Toast Mandarin Oranges Milk	Turkey Sausage Patty on Whole Wheat Muffin <i>V: Cheerios</i> Fresh Fruit Milk	Cinnamon Raisin Toast Fresh Fruit Milk
Lunch	½ Grilled Cheese on Wheat Steamed Broccoli Fresh Oranges I/T – Mandarin Oranges Milk	Grilled Parmesan Chicken Breast <i>V: Rice & Vegetables</i> Green Beans Pears Milk	½ Turkey & Cheese Sandwich on Wheat <i>V: Cheese Sandwich</i> Baked Potato Soup Corn Fresh Fruit Milk	Meatballs Egg Noodles (Marinara Sauce on side) Peas & Carrots Applesauce Milk	English Muffin Pizza Steamed Broccoli Fresh Fruit Milk
Snack	Orange Blossom Muffin* Water *no nuts	Carrot Sticks w/ Ranch Dressing I/T – Cheerios w/ Milk Water	Whole Wheat Crackers Fresh Fruit Water	½ Cheese Sandwich on Whole Wheat Bread Water	Tortilla Chips w/Salsa I/T Yogurt 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 steamed 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.