



Well Aware

The daily menu is an important part of The Bright Horizons Approach to Health, Fitness and Wellness.

The current menu includes:

- Whole grains & whole grain products (brown rice, oats, faro, whole wheat, etc)
- Low sugar
- Wide variety of protein options
 - Protein items may include: poultry (chicken or turkey), legumes (beans, lentils, etc.), real cheese (feta, ricotta, cheddar, etc), eggs, soy/sunflower butter, tempeh, or tofu.
- No processed cheese foods i.e. American cheese
- Varied whole foods
- No trans fats
- Some Organics: milk, produce, pasta, etc.
- More fruits and vegetables
- Culturally diverse dishes
- Overall variety of healthy foods!

We also wanted to share a site which contains helpful information that helps guide our menu planning: it is the "my plate" site: <https://www.choosemyplate.gov/>.

