

Bright Horizons at Wake Forest Baptist Health Center Menu

December 19-December 23



Day	Morning Snack	Lunch	Afternoon Snack
Monday	Cheerios Diced Peaches Organic Milk	Whole Wheat Cheese Pizza Green Peas Mandarin Oranges Organic Milk	Fresh Strawberries Nutritional Bar Water
Tuesday	Turkey Bacon Whole Wheat Toast w/Fruit spread Organic Milk	Cheese Tortellini with Whole Wheat Noodles Green Beans Diced Pears Organic Milk	Yogurt with Granola Water
Wednesday	Blueberry Muffins Organic Milk	Roast Beef Sandwich w/Cheese on Whole Wheat Bread (Vegetarians: Cheese Sandwich) Steamed Carrots Tropical Fruit Organic Milk	Slice Apples String Cheese Water
Thursday	Whole Grain Pancakes Unsweetened Applesauce Organic Milk	Grilled Chicken Nuggets Macaroni and Cheese Steamed Broccoli Pineapples Organic Milk	Tortilla Chips Vegetable Hummus Water
Friday	Bagels with Cream Cheese Organic Milk	Chicken Fajita/ Whole Wheat Wrap (Vegetarians: Veggie Fajita w/Cheese) Shredded Lettuce Diced Tomatoes Mixed Fruit Organic Milk	Graham Crackers Fresh Fruit Cup Water

All Items That Contains Eggs, Milk, Or Any Allergies, Are Highlighted In yellow.

All Meals are served with Organic Milk, or Water.

Parents: This menu is subject to change without notice due to deliveries and emergencies.

Substitutions are made when possible for allergies and some special dietary needs.

Items noted as “vegetarians” are for those with documented medical or religious dietary restrictions to all or some meats.

