

Bright Horizons at Bellevue

November 28– December 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Grain Fruit or Vegetable Dairy	Life Cereal Raisins & Cranberries Organic Milk	Eight Grains Hot Cereal Raspberries Organic Milk	Whole Grain Waffles Blackberries Organic Milk	Rice Chex Cereal Blueberries Organic Milk	Bran Muffins Oranges Organic Milk
LUNCH *Vegetarian option Meat/Meat Alternative Fruit and Vegetable Grain Dairy	Vegetables & Beans Chili Buttermilk Biscuit Cantaloupe Organic Milk	Chicken Chilaquiles *Black Bean Chilaquiles Roasted Corn, Peppers, & Onions Mandarins Organic Milk	Spaghetti & Vegetables With Meat Sauce *Veggie Crumbles Spaghetti Watermelon Organic Milk	Teriyaki Chicken Meatballs *Veggie Sausage Basmati Rice Steamed Broccoli Oranges Organic Milk	Baked COD *Baked Tofu Green Garbanzo, Vegetables & Quinoa Salad Pineapple Organic Milk
AFTERNOON SNACK (2 of the following) Meat or Meat Alternative Fruit or Vegetable Grain Dairy	Steamed Carrots Ranch Sour Cream Dip Water	Cottage Cheese Peach Water	Vanilla Bean Yogurt Pineapple Water	Apple Pie Organic Milk	Baked Sweet Potato Fries Herb Cream Cheese Dip Water
EVENING SNACK (2 of the following) Meat or Meat Alternative Fruit or Vegetable Grain Dairy	Mozzarella Cheese Mandarins Water	Bananas Cinnamon Graham Crackers Water	Cheddar Cheese Whole Grain Crackers Water	Muenster Cheese Blueberries Water	Strawberry Cereal Bars Honeydew Water



Portions and serving sizes are in accordance with the State of Washington's food guideline requirements for children (infants through 5 years). All meals must include a liquid. Substitutions will be made as necessary for children with allergies and dietary restrictions.

