

# THRIVE

*with* bright&early

CHILDREN'S LEARNING CENTERS

***A healthy, holistic experience matters!***

## HEALTHY FOOD MATTERS

Well-nourished children are prepared to learn, play, and thrive. Our mission is to foster healthy childhood eating habits that last a lifetime and support your child's overall well-being. B&E works with our Nutrition Consultant, Dr. Jenn Krebs Rapkin, to create and assess our healthy snack menus.

## MILK and WHOLE FOODS

Studies have shown that milk is a great choice for growing bodies. B&E serves milk at all lunch meals, and with morning and/or afternoon daily snacks.

B&E is mindful to serve whole foods (instead of processed foods), whole grains, and 'no sugar added' choices.

## Menu items served:

**MILK** - whole and 2%

**DAIRY PROTEINS** - yogurt, cheese

**FRESH FRUITS** - bananas, apple slices

**FRUIT CUPS/APPLESAUCE** - in natural juice, no added sugar

**WHOLE GRAINS** - cereal, cereal bars, crackers

### SAMPLE SNACK MENU

*There shall be two different nutrition components served with each snack.*



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AM</b>	Banana Milk	String Cheese Wheat Thins Water	Cereal Bar Milk	Yogurt Toasted Oats Water	Pear Fruit Cup Animal Crackers Water
<b>PM</b>	Yogurt Graham Crackers Water	Graham Cracker Milk	Apple Slices - T, PS Natural Applesauce - YT Whole Grain Goldfish Water	Animal Crackers Milk	Cereal Bar Milk
<b>AM</b>	Pear Fruit Cup Animal Crackers Water	Cereal Bar Milk	Yogurt Toasted Oats Water	Apple Slices - T, PS Natural Applesauce - YT Whole Grain Goldfish Water	Graham Cracker Milk
<b>PM</b>	String Cheese Wheat Thins Water	Banana Milk	Animal Crackers Milk	Cereal Bar Milk	String Cheese Wheat Thins Water
<b>AM</b>	Banana Milk	Animal Crackers Milk	Cereal Bar Milk	Graham Cracker Milk	Pear Fruit Cup Animal Crackers Water
<b>PM</b>	String Cheese Wheat Thins Water	Yogurt Toasted Oats Water	Apple Slices - T, PS Natural Applesauce - YT Whole Grain Goldfish Water	String Cheese Wheat Thins Water	Cereal Bar Milk
<b>AM</b>	Graham Cracker Milk	Yogurt Graham Crackers Water	Toasted Oats Milk	Apple Slices - T, PS Natural Applesauce - YT Whole Grain Goldfish Water	Yogurt Toasted Oats Water
<b>PM</b>	String Cheese Wheat Thins Water	Banana Milk	String Cheese Wheat Thins Water	Cereal Bar Milk	Pear Fruit Cup Animal Crackers Water
<b>AM</b>	Banana Milk	Pear Fruit Cup Animal Crackers Water	Cereal Bar Milk	Toasted Oats Milk	Pear Fruit Cup Animal Crackers Water
<b>PM</b>	Yogurt Toasted Oats Water	Graham Cracker Milk	Apple Slices - T, PS Natural Applesauce - YT Whole Grain Goldfish Water	Yogurt Graham Crackers Water	String Cheese Wheat Thins Water