

# Bright Horizons

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

**5**  
**Breaded Mini Chicken Fillet** 111 cal  
Assorted Cereal 106 cal  
Flavored Yogurt Cup 90 cal  
Breakfast Biscuit 106 cal  
Pears, Cup 70 cal  
Orange Juice 90 cal  
Milk 110 cal

**6**  
**Mini Waffles** 179 cal  
Assorted Cereal 106 cal  
Breakfast Biscuit 106 cal  
Chilled Mixed Fruit 62 cal  
Applesauce Cup 50 cal  
Milk 110 cal

**7**  
**Breakfast Pizza** 180 cal  
Assorted Cereal 106 cal  
Breakfast Biscuit 106 cal  
Chilled Peaches 63 cal  
Fresh Banana (Ripe) 161 cal  
Milk 110 cal

**1**  
**Cinnamon French Toast Sticks** 338 cal  
Assorted Cereal 106 cal  
Breakfast Biscuit 106 cal  
Pineapple Tidbits Cup 60 cal  
Milk 110 cal

**2**  
**Breakfast, Cheese Omelet** 110 cal  
Assorted Cereal 106 cal  
Flavored Yogurt Cup 90 cal  
Croissant Roll 111 cal  
Breakfast Biscuit 106 cal  
Deli Roasted Potatoes 104 cal  
Fresh Mandarins 98 cal  
Milk 110 cal

**8**  
No menu published

**9**  
No menu published

**12**  
No menu published

**13**  
**Buttermilk Pancakes** 147 cal  
Assorted Cereal 106 cal  
Flavored Yogurt Cup 90 cal  
Breakfast Biscuit 106 cal  
Chilled Pears 63 cal  
Apple Juice 90 cal  
Milk 110 cal

**14**  
**Yogurt Parfait w/ Strawberry** 228 cal

**15**  
**Yogurt Parfait w/ Strawberry** 228 cal  
Fresh Apple Slices 29 cal

**16**  
No menu published

**19**  
No menu published

**20**  
**Yogurt Parfait w/ Peach** 275 cal

**21**  
**Yogurt Parfait w/ Strawberry** 228 cal

**22**  
**Yogurt Parfait w/ Strawberry** 228 cal

**23**  
No menu published

**26**  
No menu published

**27**  
**Yogurt Parfait w/ Peach** 275 cal

**28**  
**Strawberry Banana Yogurt** 90 cal

**29**  
**Strawberry Banana Yogurt** 90 cal  
Fresh Apple Slices 29 cal

**30**  
**Strawberry Yogurt** 90 cal