

BRIGHT HORIZONS AT LISLE

What's on the Menu?



| Week of 03/18/19 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------|--|--|---|---|--|
| BREAKFAST | <ul style="list-style-type: none"> ▪ Crispex ▪ Bananas ▪ Organic Milk | <ul style="list-style-type: none"> ▪ Vanilla Yogurt ▪ Apples ▪ Organic Milk | <ul style="list-style-type: none"> ▪ Egg Bake Casserole ▪ Peaches ▪ Organic Milk | <ul style="list-style-type: none"> ▪ Warm Oatmeal ▪ Apples ▪ Organic Milk | <ul style="list-style-type: none"> ▪ Raisin Bran ▪ Pears ▪ Organic Milk |
| MORNING SNACK | <ul style="list-style-type: none"> ▪ French Toast Sticks ▪ Oranges ▪ Water | <ul style="list-style-type: none"> ▪ Wheat Crackers ▪ Bananas ▪ Water | <ul style="list-style-type: none"> ▪ Fresh Veggies ▪ Veggie Dip ▪ Water | <ul style="list-style-type: none"> ▪ Banana and Sun Butter Sandwich ▪ Water | <ul style="list-style-type: none"> ▪ Fresh Fruit Salsa ▪ Warm Baked Tortilla Chips ▪ Water |
| LUNCH | <ul style="list-style-type: none"> ▪ Whole Grain Cheese Pizza ▪ Steamed Carrots ▪ Pears ▪ Organic Milk | <ul style="list-style-type: none"> ▪ Chicken and Rice Casserole ▪ Steamed Cauliflower ▪ Oranges ▪ Organic Milk | <ul style="list-style-type: none"> ▪ Spaghetti with Marinara Sauce ▪ Steamed Green Beans ▪ Pears ▪ Organic Milk | <ul style="list-style-type: none"> ▪ Tacos on Whole Wheat Tortillas ▪ Salsa and Cheddar Cheese ▪ Steamed Peas ▪ Oranges ▪ Organic Milk | <ul style="list-style-type: none"> ▪ Chicken Stir Fry with Fresh Veggies ▪ Steamed Brown Rice ▪ Pears ▪ Organic Milk |
| AFTERNOON SNACK | <ul style="list-style-type: none"> ▪ Whole Grain Vanilla Wafers ▪ Apples ▪ Water | <ul style="list-style-type: none"> ▪ String Cheese ▪ Pears ▪ Water | <ul style="list-style-type: none"> ▪ Apple Cinnamon Nutrigrain Bar ▪ Cucumber Slices ▪ Water | <ul style="list-style-type: none"> ▪ Veggie Straws ▪ Pears ▪ Water | <ul style="list-style-type: none"> ▪ Homemade Banana Bread ▪ Oranges ▪ Water |
| TAKE HOME SNACK | <ul style="list-style-type: none"> ▪ Graham Crackers | <ul style="list-style-type: none"> ▪ Nutrigrain Bar | <ul style="list-style-type: none"> ▪ Wheat Crackers | <ul style="list-style-type: none"> ▪ String Cheese | <ul style="list-style-type: none"> ▪ Oyster Crackers |

We Serve Healthy Meals

- Vegetarian alternatives available
- Organic whole milk served to Infants and Toddlers
- Organic 1% milk served to Twos, Preschool, and Kindergarten Prep
- All meals included in the tuition
- All meals served family style

