

### Week #1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING SNACK</b>	fruit yogurt granola milk	cinnamon raisin bagel cream cheese milk	turkey sausage VO: cereal milk	whole grain cranberry orange muffin milk	French toast butter milk <i>cereal for egg allergies</i>
<b>LUNCH</b>	beef meatloaf VO: chickpea loaf macaroni & cheese fresh pears carrots milk	bean & cheese burritos/wheat tortillas fresh honeydew green beans milk	turkey & swiss cheese wrap VO: cheese wrap fresh pineapple soy beans milk	cheese tortellini in cream sauce fresh bananas sugar snap peas milk	beef sloppy joes VO: veggie joes wheat bun fresh apples carrots milk
<b>AFTERNOON SNACK</b>	cucumbers ranch dressing soft breadstick water	baked apples cheddar cheese water	veggie & cream cheese tortilla roll ups water	string cheese fresh mangos water	soft pretzel stick mozzarella cheese water

### Week #2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING SNACK</b>	chex cereal milk	whole wheat English muffin 100% fruit spread milk	turkey sausage VO: cereal milk	fruit yogurt granola milk	pancakes butter milk
<b>LUNCH</b>	Chicken/cheese fiesta wrap VO: bean/rice wrap whole wheat tortilla fresh pears green beans milk	beef ravioli/red sauce VO: cheese ravioli fresh mango cauliflower milk	grilled cheese sandwich fresh cantaloupe broccoli milk	turkey cheeseburger w/ ketchup VO: chickpea & couscous burger whole wheat bun fresh banana peas milk	teriyaki beef meatball sandwich VO: black bean & rice bowl fresh watermelon lima beans milk
<b>AFTERNOON SNACK</b>	white bean dip pita bread water	½ turkey whole wheat sandwich VO: ½ cheese whole wheat sandwich water	provolone cheese banana water	mixed fruit soft pretzel stick water	cornbread cheddar cheese water

VO = vegetarian option

**Bright Horizons and the Argonne Child Development Center are proud to collaborate with the Partnership for a Healthier America® in their fight against childhood obesity and in favor of healthy food choices in the early years.**



- Vegetarian meal options are available
- All fruits and vegetables are fresh or fresh-frozen and served daily.
- All meals are baked not fried.
- Baked goods have zero to 0.5 trans-fat grams per serving.
- *Prairie Farms* (Grade A, Pasteurized, Homogenized) is the brand of milk provided. The milk supplied by their farmers are from cows not treated with artificial growth hormones, known as rbST or rBGH. Infant and Toddler rooms get whole milk; Twos, Preschool, Kindergarten Prep, and School Age get 1% milk.
- All meals and snacks are included in the tuition.
- All meals are served family style.



### Week #3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING SNACK</b>	cinnamon raisin bagel w/ cream cheese milk	French toast butter milk <i>cereal for egg allergies</i>	whole grain blueberry muffin milk	fruit yogurt granola milk	turkey sausage VO: cereal milk
<b>LUNCH</b>	cheese pizza fresh pineapple carrots milk	baked chicken fingers VO: baked tofu couscous fresh honeydew peas milk	turkey sandwich VO: cheese sandwich fresh oranges green beans milk	spaghetti w/ meat sauce VO: cheese ravioli with marinara fresh apples broccoli milk	cheese quesadilla w/ wheat tortilla fresh banana lima beans milk
<b>AFTERNOON SNACK</b>	apple pear cucumber salad tortilla water	mangoes wheat bread slice water	soft pretzel stick string cheese water	turkey tortilla roll up VO: cheese roll up water	carrot sticks with ranch dressing whole wheat pita water

### Week #4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING SNACK</b>	turkey sausage VO: cereal milk	chex cereal milk	zucchini muffin milk	whole wheat English muffin 100% fruit spread milk	fruit yogurt granola milk
<b>LUNCH</b>	four cheese ravioli marinara sauce fresh banana green beans milk	chicken & cheese quesadillas VO: cheese & bean quesadillas fresh cantaloupe broccoli milk	beef cheeseburger w/ ketchup VO: black bean burger whole wheat bun fresh oranges peas milk	grilled cheese sandwich fresh watermelon cauliflower milk	pulled turkey VO: baked tofu whole wheat roll fresh mango carrots milk
<b>AFTERNOON SNACK</b>	fruit mix cheddar cheese water	cucumbers ranch dressing soft breadstick water	fresh banana whole wheat tortilla water	apple slices slice wheat bread water	cheddar cheese tortilla roll up water

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