

# BRIGHT HORIZONS AT LISLE – Sept 7<sup>th</sup>-11<sup>th</sup>

## What's on the Menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Happy Labor Day Center Closed	Whole Wheat Mini Bagels Cream Cheese Apples Organic Milk	Blueberry Breakfast Casserole Peaches Organic Milk	Homemade Banana Muffins Apples Organic Milk	All Bran Pears Organic Milk
LUNCH	Happy Labor Day Center Closed	Shepard's Pie Steamed Cauliflower Oranges Organic Milk  Sub: Vegetarian Shepard's Pie	Chicken Alfredo with Whole Grain Noodles Steamed Peas Pears Organic Milk	Tex Mex Beans and Rice Casserole Steamed Carrots Oranges Organic Milk  Sub: Veggie Meatballs	Brunch: Whole Wheat Pancakes Turkey Sausage Patties Sugar Free Syrup Steamed Mixed Veggies Cantaloupe Organic Milk Sub: Veggie Sausage Patty
AFTERNOON SNACK	Happy Labor Day Center Closed	Pita Bread Sun Butter Bananas Water	Whole Grain Cheddar Crackers Apples Water	Nutigrain Bar Fruit Salad Water	Homemade Apple Cinnamon Bread Bananas Water

 Vegetarian Alternative

 Substitute for 2yrs & Under



- ▶ All meals are baked, not fried
- ▶ Vegetarian meal options available
- ▶ Fresh fruits and vegetables served daily
- ▶ Proteins include chicken, turkey, beef, tofu, cheese, and beans
- ▶ Whole milk served to children ages 12-24 months  
1% milk served to children 24 months and older

