



# Menu

Week of July 16th-20th

Vegetarian Alternatives Available



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>				
Whole Grain Cereal Fresh Fruit Organic Milk	Mini Quiche Fresh Fruit Organic Milk	Warm English Muffin Jam Fresh Fruit Organic Milk	French Toast Casserole Fresh Fruit Organic Milk	Whole Grain Cereal Fresh Fruit Organic Milk
<b>Morning Snack</b>				
Cheese Quesadilla Cucumber Slices Water	French Toast Sticks Fresh Fruit Water	Strawberry Nutrigrain Fresh Fruit Water	Trail Mix Fresh Fruit Water	Cheese Cubes Fresh Fruit Water
<b>Lunch</b>				
Chicken and Dumplings with Fresh Vegetables Fresh Fruit Organic Milk	Cheeseburger Pie Steamed Peas Fresh Fruit Organic Milk	Vegetable Pasta Bake Steamed Cauliflower Fresh Fruit Organic Milk	BBQ Turkey Meatloaf Muffins Pinto Beans Steamed Carrots Fresh Fruit Organic Milk	Turkey and Cheese Rollups Steamed Green Beans Fresh Fruit Organic Milk
<b>Afternoon Snack</b>				
Wheat Crackers Fresh Fruit Water	Blueberry lemon Bites Fresh Fruit Water	Crackers Fresh Fruit Water	Rice Cakes Soy Butter Fresh Fruit Water	Strawberry Cream Cheese Bread Cucumber Slices Water



Bright Horizons at Lisle is 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.

## Chef Nicole

Nicole joined our Bright Horizons team in December 2015. Nicole has her A.A in Culinary Arts from College of DuPage and several years of experience in the food industry.

