

Week #1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	whole wheat bagel 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
LUNCH	bbq chicken pizza VO: cheese pizza fresh pineapple sugar snap peas milk	ground beef & cheese tacos (corn tortillas) VO: bean & cheese tacos (corn tortillas) fresh pears carrots lettuce/tomato garnish milk	turkey sandwich VO: cheese sandwich fresh oranges peas milk	beef meat sauce spaghetti VO: cheese ravioli with marinara fresh apples broccoli milk	cheese whole wheat quesadilla fresh banana lima beans milk
AFTERNOON SNACK	apple pear cucumber salad tortilla water	fresh mango 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 #2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	turkey sausage VO: cereal milk	chex cereal milk	zucchini muffin milk	whole wheat English muffin 100% fruit spread milk	whole wheat cinnamon raisin bagel cream cheese milk
LUNCH	four cheese ravioli marinara sauce fresh banana green beans milk	chicken & cheese whole wheat quesadillas VO: cheese & pinto bean whole wheat quesadillas fresh cantaloupe broccoli milk	baked chicken fingers VO: baked tofu couscous fresh honeydew peas milk	grilled cheese sandwich fresh watermelon cauliflower milk	turkey Mexican tortilla casserole VO: tortilla casserole fresh mango zucchini milk
AFTERNOON SNACK	apple slices slice wheat bread water	cucumbers ranch dressing soft breadstick water	summer fruit mix cheddar cheese water	fresh banana tortilla water	cheddar cheese tortilla roll up water

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 daily and are denoted as VO.
- Substitutions for child food allergies will be provided.
- All fruits and vegetables are fresh or fresh-frozen and served daily.
- All meals are baked not fried.
- Whole grain items are used whenever possible.
- Baked goods have zero to 0.5 trans-fat grams per serving.
- We use *Farmer Owned Prairie Farms Milk* (Grade A, Pasteurized, Homogenized). 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
MORNING SNACK	fruit yogurt granola milk	whole wheat 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>
LUNCH	tuna noodle casserole VO: rice and tofu casserole fresh orange yellow squash milk	ground beef & cheese tacos (corn tortillas) VO: bean & cheese tacos (corn tortillas) fresh pears lettuce/tomato garnish milk	cheese tortellini in cream sauce fresh banana sugar snap peas milk	turkey & Swiss cheese wrap VO: cheese wrap fresh pineapple soy beans milk	sweet potato & turkey sausage casserole VO: sweet potato & tofu fresh apple carrots milk
AFTERNOON SNACK	mango black bean salsa tortilla water	mozzarella & tomato salad water	strawberry cream cheese roll up water	string cheese fresh mangos water	soft pretzel stick mozzarella cheese water

Week #4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING SNACK	chex cereal milk	whole wheat English muffin 100% fruit spread milk	turkey sausage VO: cereal milk	whole wheat cinnamon raisin bagel cream cheese	whole wheat pancake butter milk
LUNCH	teriyaki beef meatball sandwich VO: black bean & rice bowl fresh watermelon lima beans milk	chicken fiesta wrap (w/cheese) VO: bean and rice whole wheat tortilla fresh honeydew green beans milk	grilled cheese sandwich fresh cantaloupe broccoli milk	turkey cheese burger w/ ketchup VO: chickpea & couscous burger whole wheat bun fresh banana peas milk	beef ravioli/red sauce VO: cheese ravioli fresh mango cauliflower milk
AFTERNOON SNACK	quinoa & black bean salad water	½ turkey whole wheat sandwich VO: ½ cheese whole wheat sandwich water	provolone cheese banana water	tropical fruit salad soft breadstick water	cucumbers ranch dressing soft breadstick water

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