



Menu

Week of July 23rd– 27th

Vegetarian Alternatives Available



Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Whole Grain Cereal Fresh Fruit Organic Milk	Warm Oatmeal Fresh Fruit Organic Milk	Homemade Banana Muffins Fresh Fruit Organic Milk	Egg Bake Casserole Fresh Fruit Organic Milk	Whole Grain Cereal Fresh Fruit Organic Milk
Morning Snack				
Pita Bread with Soy Butter Fresh Fruit Water	Whole Grain Vanilla Wafers Fresh Fruit Water	Graham Crackers Fresh Fruit Water	Pretzel Bites Cucumber Slices Water	Fresh Fruit Salsa Warm Baked Tortilla Chips Water
Lunch				
Baked Spaghetti Casserole Steamed Cauliflower Fresh Fruit Organic Milk	Chinese Chicken Steamed Brown Rice Fresh Fruit Organic Milk	Chicken and Broccoli Casserole Steamed Carrots Fresh Fruit Organic Milk	Lemon Herb Chicken Mashed Potatoes Steamed Green Beans Fresh Fruit Organic Milk	Whole Wheat Veggie Quesadillas Steamed Peas Fresh Fruit Organic Milk
Afternoon Snack				
Ants on Log Water	String Cheese Fresh Fruit Water	Trail Mix Fresh Fruit Water	Wheat Crackers Fresh Fruit Water	Oatmeal Squares 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.

