

BRIGHT HORIZONS AT SKOKIE

What's on the Menu?



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> Oatmeal Peaches Milk 	<ul style="list-style-type: none"> Corn Cereal Banana Milk 	<ul style="list-style-type: none"> Apple Muffins Applesauce Milk 	<ul style="list-style-type: none"> Yogurt Granola Milk Fresh Fruit 	<ul style="list-style-type: none"> Cheese Omelet Pears Milk
LUNCH	<ul style="list-style-type: none"> Chicken Alfredo Twist Mixed Vegetables Mandarin Oranges Milk 	<ul style="list-style-type: none"> Tomato Soup Grilled Cheese Mixed Fruit Milk 	<ul style="list-style-type: none"> Sesame Rice with Tofu Mixed Vegetables Pineapple Milk 	<ul style="list-style-type: none"> Chicken with Rice Sweet Peas & Carrots Pears Milk 	<ul style="list-style-type: none"> Black Beans with Ground Turkey Rice Whole Wheat Bread Melon Milk
AFTERNOON SNACK	<ul style="list-style-type: none"> Wheat Crackers String Cheese Water 	<ul style="list-style-type: none"> Whole Grain Pita Hummus Water 	<ul style="list-style-type: none"> Cottage Cheese Peaches Water 	<ul style="list-style-type: none"> Apples Cheese Cubes Water 	<ul style="list-style-type: none"> Graham Crackers Applesauce Water
LATE AFTERNOON SNACK	<ul style="list-style-type: none"> Oyster Crackers 	<ul style="list-style-type: none"> Raisin Bread Cinnamon Break 	<ul style="list-style-type: none"> Fresh Oranges 	<ul style="list-style-type: none"> Banana 	<ul style="list-style-type: none"> Wheat Crackers

We Serve Healthy Meals

- Vegetarian meal options available
- Fresh fruits and vegetables served daily
- All meals are baked, not fried
- Proteins include chicken, turkey, beef, tofu, cheese, and beans
- Organic whole milk served to infants and toddlers
- Organic 1% milk served to young preschool, preschool, and kindergarten prep
- All meals included in the tuition
- All meals served family style

Week 1

I/T: Infant/Toddler Alternative

V: Vegetarian Alternative

