

# BRIGHT HORIZONS AT Naperville

## What's on the Menu?



February 12 – 16, 2018	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>Multigrain Cornflakes</li> <li>Fresh Pears</li> <li>Organic Milk</li> <li>GF: Corn Chex</li> <li>Diced Pears</li> </ul>	<ul style="list-style-type: none"> <li>Whole Wheat Waffles</li> <li>Turkey Bacon</li> <li>Applesauce</li> <li>Organic Milk</li> <li>GF: Gluten Free Waffle</li> </ul>	<ul style="list-style-type: none"> <li>Baked Oatmeal</li> <li>Fresh Pineapple</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Egg and Cheese Muffin</li> <li>Fresh Pineapple</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Multigrain Cheerios</li> <li>Fresh Bananas</li> <li>Organic Milk</li> </ul>
<b>MORNING SNACK</b>	<ul style="list-style-type: none"> <li>Fresh Cantaloupe</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Three Bean Salad</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Cucumber Salad</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Honeydew</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Apples</li> <li>Organic Milk</li> <li>I/T: Applesauce</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>Grill Cheese on Whole Wheat Bread</li> <li>Steamed Broccoli</li> <li>Applesauce</li> <li>Organic Milk</li> <li>GF: Cheese Quesadilla w/ corn tortilla</li> </ul>	<ul style="list-style-type: none"> <li>Mexican Pizza</li> <li>Steamed Mixed Vegetables</li> <li>Fresh Honeydew</li> <li>Organic Milk</li> <li>V: Black Bean and Cheese Pizza</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Fricasse</li> <li>Steamed Peas and Carrots</li> <li>Whole Wheat Rolls</li> <li>Fresh Oranges</li> <li>Organic Milk</li> <li>I/T: Mandarin Oranges</li> </ul>	<ul style="list-style-type: none"> <li>Beef Tacos on Whole Wheat Tortillas</li> <li>Steamed Green Beans</li> <li>Fresh Bananas</li> <li>Organic Milk</li> <li>V: Tofu Tacos</li> </ul>	<ul style="list-style-type: none"> <li>Turkey and Cheese on Whole Wheat Bread</li> <li>Steamed Broccoli</li> <li>Fresh Pineapple</li> <li>Organic Milk</li> <li>V: Cheese Sandwich</li> </ul>
<b>AFTERNOON SNACK</b>	<ul style="list-style-type: none"> <li>Fresh Fruit Salad</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Turkey Slices</li> <li>String Cheese</li> <li>Water</li> <li>V: Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Naam Bread</li> <li>Cream Cheese</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Fruit Salad</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Graham Crackers</li> <li>Organic Milk</li> </ul>

### 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

I/T: Infant/Toddler Alternative

V: Vegetarian Alternative

G: Gluten Free

