

BRIGHT HORIZONS AT SKOKIE

What's on the Menu?



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> ▪ Corn Cereal ▪ Banana ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Whole Wheat French Toast Sticks ▪ Diced Pineapple ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Whole Wheat Bagel ▪ Cream Cheese ▪ Mandarin Oranges ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Whole Wheat Pancakes ▪ Fruit Mix ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Whole Grain Muffin ▪ Applesauce ▪ Organic Milk
LUNCH	<ul style="list-style-type: none"> ▪ Sweet & Sour Chicken ▪ Brown Rice ▪ Oriental Vegetables ▪ Oranges ▪ Organic Milk ▪ Sweet & Sour Tofu 	<ul style="list-style-type: none"> ▪ Cheese Ravioli ▪ Pesto Sauce ▪ Steamed Carrots ▪ Melon ▪ Organic Milk 	<ul style="list-style-type: none"> ▪ Spaghetti with Turkey Meat Sauce ▪ Applesauce ▪ Creamed Spinach ▪ Organic Milk ▪ Spaghetti with Marinara Sauce 	<ul style="list-style-type: none"> ▪ Grilled Chicken Salad ▪ Whole Wheat Bread ▪ Steamed Broccoli ▪ Pears ▪ Organic Milk ▪ Black Bean Burger 	<ul style="list-style-type: none"> ▪ Ham & Cheese Sandwich ▪ Watermelon ▪ Tropical Vegetables ▪ Organic Milk ▪ Cheese Sandwich
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"> ▪ String Cheese ▪ Lemon Bites ▪ Water 	<ul style="list-style-type: none"> ▪ Vanilla yogurt ▪ Watermelon ▪ Water 	<ul style="list-style-type: none"> ▪ Goldfish Crackers ▪ Banana ▪ Water
LATE AFTERNOON SNACK	<ul style="list-style-type: none"> ▪ Oyster Crackers 	<ul style="list-style-type: none"> ▪ Raisin Bread ▪ Cinnamon Bread 	<ul style="list-style-type: none"> ▪ Banana 	<ul style="list-style-type: none"> ▪ Wheat Crackers 	<ul style="list-style-type: none"> ▪ Nilla 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

I/T: Infant/Toddler Alternative

V: Vegetarian Alternative

