

# BRIGHT HORIZONS AT LISLE – August 10th – 14th

## What's on the Menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	All Bran Apples Organic Milk	French Toast Casserole Peaches Organic Milk	Blueberry Muffins Bananas Organic Milk	Whole Wheat Mini Bagels Cream Cheese Watermelon Organic Milk	Cheerios Apples Organic Milk
LUNCH	Homemade Chicken Pot Pie Steamed Cauliflower Oranges  Meatless Veggie Pot Pie	Baked Spaghetti Casserole Steamed Green Beans Pears	Sweet and Sour Meatballs Fried Rice Diced Watermelon  Veggie Meatballs	Taco casserole Steamed Carrots Pears	Whole Wheat English Muffin Pizzas Steamed Peas Oranges
AFTERNOON SNACK	Graham Crackers Bananas Water	Cheese Quesadilla Cucumber Slices Water	String Cheese Apples Water	Whole Grain Mixed Berry Animal Crackers Oranges Water	Homemade Zucchini Bread Cucumber Slices Water

■ Vegetarian Alternative

■ Substitute for 2yrs & Under

- ▶ All meals are baked, not fried
- ▶ Vegetarian meal options available
- ▶ Fresh fruits and vegetables served daily
- ▶ Proteins include chicken, turkey, beef, tofu, cheese, and beans
- ▶ Whole milk served to children ages 12-24 months
- ▶ 1% milk served to children 24 months and older

