

BRIGHT HORIZONS AT SKOKIE

What's on the Menu?



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	- Oatmeal - Peaches - Milk	- Corn Cereal - Banana - Milk	- Apple Muffins - Applesauce - Milk	- Yogurt - Granola - Milk - Fresh Fruit	- Cheese Omelet - Pears - Milk
LUNCH	- Chicken Alfredo Twist - Mixed Vegetables - Mandarin Oranges - Milk	- Tomato Soup - Grilled Cheese - Mixed Fruit - Milk	- Sesame Rice with Tofu - Mixed Vegetables - Pineapple - Milk	- Chicken with Rice - Sweet Peas & Carrots - Pears - Milk	- Black Beans with Ground Turkey - Rice - Whole Wheat Bread - Melon - Milk
AFTERNOON SNACK	- Wheat Crackers - String Cheese - Water	- Whole Grain Pita - Hummus - Water	- Cottage Cheese - Peaches - Water	- Apples - Cheese Cubes - Water	- Graham Crackers - Applesauce - Water
LATE AFTERNOON SNACK	Oyster Crackers	- Raisin Bread - Cinnamon Break	Fresh Oranges	Banana	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

Sample

I/T: Infant/Toddler Alternative

V: Vegetarian Alternative

