

BRIGHT HORIZONS AT LISLE – Sept 21st-25th

What's on the Menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Crispex Pears Organic Milk	Apple Breakfast Casserole Bananas Organic Milk	Vanilla Yogurt Granola Apples Organic Milk	Apple Cinnamon Muffins Peaches Organic Milk	All Bran Apples Organic Milk
LUNCH	Roasted Turkey Breast with Gravy Mashed Potatoes Steamed Green Beans Oranges Organic Milk Sub :Veggie Turkey Breast	Chicken Tacos on Whole Wheat Tortillas Salsa and Cheddar Cheese Steamed Carrots Pears Organic Milk Sub: Veggie Chicken Tacos	Spaghetti with Marinara Sauce Turkey Meatballs Steamed Cauliflower Pears Organic Milk	Cheeseburger Pie Steamed Peas Oranges Organic Milk Sub: Veggie Cheeseburger Pie	Homemade Tomato Soup Grilled Cheese Sandwich Steamed Mixed Veggies Cantaloupe Organic Milk
AFTERNOON SNACK	Graham Crackers Cucumber Slices Water	Blueberry Muffin Apples Water	Wheat Crackers Oranges Water	Fresh Fruit Salsa Fresh Baked Tortilla Chips Water	Cheese Cubes Pears Water

 Vegetarian Alternative

- ▶ 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

