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**Sample**

**I/T: Infant/Toddler Alternative**

**V: Vegetarian Alternative**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | 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 * String Cheese * Water |
| LATE  AFTERNOON SNACK | * Apples | * Apples | * Oranges | * Banana | * Oranges |

* 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

BRIGHT HORIZONS AT SKOKIE