

BRIGHT HORIZONS AT LISLE – May 2nd - 6th, 2022

What's on the Menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Chex Cereal Bananas Organic Milk	Mini Cheese Omelets Apples Organic Milk	Homemade Strawberry Muffins Peaches Organic Milk	Apple Breakfast Casserole Pears Organic Milk	Cornflakes Bananas Organic Milk
LUNCH	Lemon Herb Chicken Mashed Potatoes Steamed Green Beans Pears Organic Milk Sub: Veggie Lemon Herb Chicken	Cheeseburger Pie Steamed Carrots Oranges Organic Milk Sub: Veggie Cheeseburger Pie	Homemade Mac and Cheese Steamed Cauliflower Pears Organic Milk	Chicken Stir Fry with Fresh Veggies Steamed Brown Rice Oranges Organic Milk Sub: Veggie Chicken Stir Fry	Whole Wheat Veggie and Chicken Quesadillas Steamed Mixed Veggies Fruit Salad Organic Milk Sub: Veggie Chicken and Veggie Quesadilla
AFTERNOON SNACK	Fresh Fruit Salsa Homemade Tortilla Chips Water Sub: Crackers and fruit for infants	Sun Butter and Banana Sandwich Water	French Toast Sticks Cucumber Slices Water	Wheat Crackers String Cheese Apples Water	Homemade Zucchini Bread Oranges 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

