



# Menu

Bright Horizons at the Esplanade  
 Infants & Toddlers are served Organic Whole Milk  
 Twos-School Age are served Organic 1% Milk

Week 1

June 2<sup>nd</sup>, July 9<sup>th</sup>, August 13<sup>th</sup>, September 17<sup>th</sup>, October 22<sup>nd</sup>



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Brunch</b>	Whole Wheat Bagel Cream Cheese Turkey Sausage Fresh Fruit Organic Milk	Hard Boiled Egg Oven Roasted Breakfast Potatoes Fresh Fruit Organic Milk	French Toast Sticks Greek Yogurt Fresh Fruit Organic Milk	Avocado Toast with Egg & Grilled Ham Fresh Fruit Organic Milk	Whole Grain Cereal Fresh Fruit Cottage Cheese Organic Milk
<b>Lunch</b>	Grilled Chicken Salad Wraps Vegetables Fresh Fruit Organic Milk	Cheese Tortellini with Marinara Sauce Vegetables Fresh Fruit Organic Milk	Tuna Salad Sandwiches Vegetables Fresh Fruit Organic Milk	Chicken Protein Bowl with Roasted Vegetables Fresh Fruit Organic Milk	Oven Roasted Three Cheese Flatbread Vegetables Fresh Fruit Organic Milk
<b>Afternoon Snack</b>	Fresh Watermelon Cheese Cubes Water	Nutri Grain Bar Fresh Fruit Water	Fresh Carrot Sticks with Ranch Water	Junior Trail Mix: Cheerios, Chex Cereal Dried Raisins and Dried Cranberries Water	Graham Crackers Apple Sauce Water
<b>Infant &amp; Toddler Substitutes</b>	No Substitution Needed	No Substitution Needed	No Substitution Needed	Junior Trail Mix with Diced Fruit	No Substitution Needed
<b>Vegetarian Meal Substitute</b>	Grilled Veggie Wrap	No Substitution Needed	3 Grain Vegetarian Sliders with Marinara Sauce	Vegetable Protein Bowl	No Substitution Needed

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 3400 Lacey Road, Downers Grove IL 60515  
 630-852-0250 | [espl@brighthorizons.com](mailto:espl@brighthorizons.com)



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Week 2

June 11<sup>th</sup>, July 16<sup>th</sup>, August 20<sup>th</sup>, September 24<sup>th</sup>, October 29<sup>th</sup>



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Brunch</b>	French Toast Sticks Turkey Sausage Fresh Fruit Organic Milk	Cheese Omelet Whole Wheat Toast Fresh Fruit Organic Milk	Whole Grain Cereal Turkey Bacon Fresh Fruit Organic Milk	Egg, Turkey and Mozzarella Cheese Melt on Whole Wheat Pita Fresh Fruit Organic Milk	Greek Yogurt Fresh Berries Bran Muffin Organic Milk
<b>Lunch</b>	Grilled Chicken Sandwiches on Whole Wheat Bun Fresh Fruit Vegetables Organic Milk	Sweet and Sour Meatballs Over Brown Rice Vegetables Fresh Fruit Organic Milk	Baked Cod Tacos Cabbage Slaw Fresh Fruit Organic Milk	Roasted Vegetable, Baked Chicken and Couscous Salad Fresh Fruit Organic Milk	Baked Macaroni & Cheese Grilled Chicken Nuggets Veggies Fresh Fruit Organic Milk
<b>Afternoon Snack</b>	Watermelon & Feta Salad Pita Chips Water	Sliced Cucumbers with Ranch Cheddar Cheese Cubes Water	Vanilla Wafer Crackers Fresh Fruit Water	Cucumber Mango Salad Oyster Crackers Water	Graham Crackers Cream Cheese Spread Fresh Fruit Water
<b>Infant &amp; Toddler Substitutes</b>	Pita Bread	Applesauce Cheddar Cheese Cubes	Cooked Vegetables	No Substitution Needed	No Substitution Needed
<b>Vegetarian Meal Substitute</b>	Baked Cheese Sandwich	Sweet and Sour Vegetables Over Brown Rice	Vegetarian Tacos	No Substitution Needed	No Substitution Needed



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Week 3

June 18<sup>th</sup>, July 23<sup>rd</sup>, August 27<sup>th</sup>, October 1<sup>st</sup>, November 5<sup>th</sup>



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Brunch</b>	Whole Grain Cereal Greek Yogurt Fresh Fruit Organic Milk	Whole Wheat Waffles Hard Boiled Egg Fresh Fruit Organic Milk	Baked Mixed Berry Oatmeal Casserole Turkey Sausage Organic Milk	Cheesy Scrambled Eggs with Diced Ham Fresh Fruit Organic Milk	Whole Grain Biscuits Cottage Cheese Peaches Organic Milk
<b>Lunch</b>	Tri-Colored Tortellini with Pesto Vegetables Fresh Fruit Organic Milk	Cheese Quesadillas Vegetables Fresh Fruit Organic Milk	Grilled Turkey & Cheese Sandwiches Honey Dill Glazed Carrots Fresh Fruit Organic Milk	Greek Pasta Salad with Baked Chicken Fresh Fruit Organic Milk	Tuna Salad Sandwiches Fresh Garden Salad Fresh Fruit Organic Milk
<b>Afternoon Snack</b>	Ham & Cheese Roll-Ups Fresh Broccoli Water	Vanilla Yogurt Fresh Fruit Water	Nutri Grain Bar Fresh Fruit Water	Cheese Cubes Whole Wheat Crackers Fresh Fruit Water	Blueberry Muffins Fresh Fruit Water
<b>Infant &amp; Toddler Substitutes</b>	Ham & Cheese Roll-Ups with Fresh Fruit	No Substitution Needed	Cooked Vegetables	No Substitution Needed	No Substitution Needed
<b>Vegetarian Meal Substitute</b>	No Substitution Needed	No Substitution Needed	Cheese & Grilled Vegetable Sandwich	Vegetarian Greek Salad	Quinoa with Roasted Vegetables

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# Menu

Bright Horizons Child Care & Educational Learning  
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 Week 4

June 25<sup>th</sup>, July 30<sup>th</sup>, September 3<sup>rd</sup>, October 8<sup>th</sup>, November 12<sup>th</sup>



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Brunch</b>	Whole Grain Cereal Hard Boiled Egg Fresh Fruit Organic Milk	Oven Roasted Breakfast Potatoes Turkey Bacon Fresh Fruit Organic Milk	Greek Yogurt Parfaits with Granola and Fresh Fruit Organic Milk	French Toast Sticks Turkey Sausage Fresh Fruit Organic Milk	Breakfast Wraps: Whole Wheat Tortillas with Eggs & Cheese Fresh Fruit Organic Milk
<b>Lunch</b>	Build-Your-Own Chicken Taco Salad Fresh Fruit Organic Milk	Seasoned Baked Cod Vegetables Fresh Fruit Organic Milk	Grilled Chicken Wraps Vegetables Fresh Fruit Organic Milk	Grilled Turkey Burgers Sweet Potato Fries Fresh Fruit Organic Milk	Lemon Herb Chicken Breast Vegetables Fresh Fruit Organic Milk
<b>Afternoon Snack</b>	Graham Crackers Fresh Fruit Water	Pita Chips with Fresh Mango Salsa Water	Cheese Cubes Veggie Sticks Fresh Fruit Water	Honey Lime Fruit Salad Bran Muffins Water	Bananas Blueberry Lemon Cookies Water
<b>Infant &amp; Toddler Substitutes</b>	No Substitution Needed	Whole Wheat Pita Bread	Applesauce	No Substitution Needed	No Substitution Needed
<b>Vegetarian Meal Substitute</b>	Build-Your-Own Vegetarian Taco Salad	Breakfast: Breakfast Potatoes with Cheesy Eggs Lunch: Falafel & Whole Wheat Pita Bread	Roasted Vegetable Pasta Salad	3 Grain Vegetarian Sliders	Falafel



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 Week 5

July 2<sup>nd</sup>, August 6<sup>th</sup>, September 10<sup>th</sup>, October 15<sup>th</sup>, November 19<sup>th</sup>



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Brunch</b>	Cinnamon Raisin Bread Cottage Cheese Fresh Fruit Organic Milk	Greek Yogurt Parfait with Fresh Fruit & Whole Grain Cereal Organic Milk	Egg & Turkey Sausage Breakfast Tacos Fresh Fruit Organic Milk	Blueberry Muffin Turkey Bacon Fresh Fruit Organic Milk	Cheesy Scrambled Eggs Whole Wheat Toast Fresh Fruit Organic Milk
<b>Lunch</b>	Turkey & Cheese Wraps Herbed Potato Salad Fresh Fruit Organic Milk	Vegetarian Lasagna Bread Sticks California Green Salad Fresh Fruit Organic Milk	Tuna Pasta Salad with Summer Vegetables Fresh Fruit Organic Milk	Baked Pesto & Cheese Flatbread Vegetables Fresh Fruit Organic Milk	Tropical Chicken Salad on Whole Wheat Pita Bread Vegetables Organic Milk
<b>Afternoon Snack</b>	Corn Muffin Fresh Fruit Water	Soft Pretzel Bites Cheese Cubes Water	Cucumbers with Ranch Oyster Crackers Water	Cream Cheese & Fresh Strawberry Roll-Ups Water	Caprese Style Salad Whole Wheat Crackers Water
<b>Infant &amp; Toddler Substitutes</b>	No Substitution Needed	No Substitution Needed	Applesauce	Cream Cheese & Cooked Apple Roll-Ups	Cooked Apple Slices
<b>Vegetarian Meal Substitute</b>	No Substitution Needed	No Substitution Needed	Roasted Vegetable Pasta Salad	No Substitution Needed	Roasted Vegetables on Whole Wheat Pita Bread

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