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**Vegetarian Alternative**

Sample 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
* String Cheese
* Water
 |
| EVENING SNACK | * Apples
 | * Apples
 | * Oranges
 | * Banana
 | * Oranges
 |

**BRIGHT HORIZONS AT SKOKIE**

* 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
* Organic whole milk served to infants and toddlers
* Organic 1% milk served to young preschool, preschool, and kindergarten prep
* All meals served family style and are included in the tuition