

BRIGHT HORIZONS AT LISLE – August 17th – 21st

What's on the Menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Rice Crispies Bananas Organic Milk	Homemade Banana Muffins Apples Organic Milk	Egg Bake Casserole Watermelon Organic Milk	Warm Mini Biscuits Jam Pears Organic Milk	Cornflakes Apples Organic Milk
LUNCH	Cheesy, Chicken, Broccoli, and Rice Casserole Steamed Carrots Pears Sub :Meatless Chicken and Broccoli	BBQ Glazed Meatballs Pinto Beans Steamed Cauliflower Oranges Sub: Meatless Veggie Meatballs	Homemade Mac and Cheese Steamed Green Beans Pears	Chinese Chicken Steamed Brown Rice Diced Watermelon	Turkey and Cheese Melts on Whole Buns Steamed Peas Oranges
AFTERNOON SNACK	Pita Chips Apples Water	Whole Grain Vanilla Wafers Cucumber Slices Water	Banana Snack Cake Oranges Water	Sun Butter and Banana Sandwiches on Whole Wheat Bread Water	French Toast Sticks Cucumber Slices 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

