

BRIGHT HORIZONS AT LISLE – August 3rd – 7th

What's on the Menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Crispex Bananas Organic Milk	Warm Oatmeal Plums Organic Milk	Apple Cinnamon Muffins Peaches Organic Milk	Mini Cheese Omelets Apples Organic Milk	Cornflakes Pears Organic Milk
LUNCH	Chicken and Rice Casserole Steamed Carrots Oranges	Cheese Burgers on Whole Wheat Buns Sweet Potato Fries Pears Meatless Veggie Patty	Baked Ziti Steamed Green Beans Diced Watermelon	Chicken Stir Fry with Fresh Veggies Steamed Brown Rice Pears	Whole Wheat Veggie Quesadillas Steamed Cauliflower Cantaloupe
AFTERNOON SNACK	Wheat Crackers Cucumber Slices Water	Whole Grain Vanilla Wafers Banana Water	Cheese Cubes Apples Water	Pretzel Bites Oranges Water	Homemade Banana Bread Apples 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

