

BRIGHT HORIZONS AT NORTHBROOK

What's on the Menu?



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<ul style="list-style-type: none"> Rice Crispies Fresh clementines Organic milk 	<ul style="list-style-type: none"> Hot blueberry oatmeal Fresh bananas Organic milk 	<ul style="list-style-type: none"> Toasted cinnamon raisin bagels with cream cheese Fresh pineapple Organic milk 	<ul style="list-style-type: none"> Whole grain pancakes with apple butter Fresh bananas Organic milk 	<ul style="list-style-type: none"> Scrambled eggs Chicken bacon Fresh apples Organic milk
LUNCH	<ul style="list-style-type: none"> Baked Cajun chicken Fresh pineapple Steamed mixed vegetables Organic milk Cajun tofu with mixed vegetables 	<ul style="list-style-type: none"> Homemade lentil tacos with whole wheat tortilla, fresh salsa, and cheese Fresh pineapple Steamed cauliflower Organic milk 	<ul style="list-style-type: none"> Vegetable pasta primavera Fresh honeydew Organic milk 	<ul style="list-style-type: none"> Shredded chicken and cheese quesadilla Fresh cantaloupe Steam broccoli Organic milk Black bean and cheese quesadilla 	<ul style="list-style-type: none"> Homemade mini turkey cheeseburgers with whole grain bun Fresh cantaloupe Steamed broccoli Organic milk Black bean and cheese quesadilla
AFTERNOON SNACK	<ul style="list-style-type: none"> Graham crackers Cream sun butter Water 	<ul style="list-style-type: none"> String cheese Whole wheat crackers Water 	<ul style="list-style-type: none"> Strawberry and vanilla yogurt Cinnamon granola Water Yogurt with graham crackers 	<ul style="list-style-type: none"> Mini naan Homemade hummus Water 	<ul style="list-style-type: none"> Freshly baked blueberry muffins Water
SNACK TO GO	<ul style="list-style-type: none"> Baby carrots Cereal bars 	<ul style="list-style-type: none"> Fresh apples Graham crackers 	<ul style="list-style-type: none"> Cereal bars Fresh clementines 	<ul style="list-style-type: none"> Baby carrots Graham crackers 	<ul style="list-style-type: none"> Fresh apples Fresh bananas

We Serve Healthy Meals

- Vegetarian meal options available
- Fresh fruits and vegetables served daily
- All meals are baked, not fried
- 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 included in the tuition
- All meals served family style

I/T: Infant/Toddler Alternative

V: Vegetarian Alternative

