


# Fall/Winter Menu

## Bright Horizons at Lake Cook

Jan. 22 - 26	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Week #4
<b>BREAKFAST</b>	Cinnamon Bread Apple Butter Pears Organic Milk	Chex Cereal Peaches Organic Milk	Waffles Mandarin Oranges Organic Milk	Yogurt Granola Bananas Organic Milk <i>*Cheerios</i>	Whole Grain Pancakes Pears Organic Milk	<p>*Meals made from scratch *Meals served Family Style *Vegetarian meal options *Organic Whole Milk to Infants and Toddlers *Organic 1% Milk to Young Preschool, Preschool, K-Prep and Kindergarten</p> <p><i>**Vegetarian Alternative</i> <i>**Infant/Toddler Alternative</i></p> 
<b>MORNING SNACK</b>	Soft Tortilla Salsa	Pita Chips Hummus	Graham Crackers Applesauce	Blueberry Muffin Organic Milk	Cucumbers Ranch	
<b>LUNCH</b>	Creamy Chicken and Rice Soup Broccoli Peaches Organic Milk  <i>*Vegetable Soup</i>	Meatloaf Mixed Vegetables Watermelon Organic Milk  <i>*Grilled Cheese</i>	Hamburger on Whole Wheat Bun Sweet Potato Fries Cantaloupe Organic Milk <i>*Veggie Burger</i>	Ravioli Lasagna Peas and Carrots Mixed Fruit Organic Milk	Chicken Alfredo Zucchini Watermelon Organic Milk  <i>*Bean and Vegetable Stir Fry</i>	
<b>AFTERNOON SNACK</b>	Apple Cinnamon Bar Organic Milk	NutriGrain Bar Organic Milk	String Cheese Wheat Crackers	Vanilla Wafer Bites Organic Milk	Blueberry Lemon Bites Organic Milk	

