

BRIGHT HORIZONS AT LISLE – Sept 27th- Oct.1st, 2021

What's on the Menu?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cornflakes Apples Organic Milk	Blueberry Muffin Casserole Bananas Organic Milk	Mini Pancake Muffins Peaches Organic Milk	Whole Wheat Waffle Turkey Sausage Patty Pears Organic Milk	All Bran Bananas Organic Milk
LUNCH	Chinese Chicken Steamed Brown Rice Pears Organic Milk Sub: Veggie Chinese Chicken	Hamburger Noodle Bake Steamed Carrots Oranges Organic Milk Sub: Veggie Hamburger Noodle Bake	Penne Pasta with Turkey Meatballs Steamed Green Beans Pears Organic Milk Sub: Veggie Meatballs	Cheesy, Chicken, Broccoli and Rice Casserole Steamed Cauliflower Oranges Organic Milk Sub: Veggie Chicken and Broccoli Casserole	Turkey and Cheese Melts on Whole Wheat Buns Sweet Potato Fries Fruit Salad Organic Milk
AFTERNOON SNACK	Fresh Fruit Smoothies Wheat Crackers Sub: Fruit for infants	Bran Muffin Cucumber Slices Water	Banana Snack Cake Oranges Water	Trail Mix Bananas Water	Homemade Strawberry Yogurt 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

