



Menu

Infant & Toddlers Served Organic Whole Milk
 Twos-School Age Served Organic 1% Milk

Week 1: November 6, December 11, January 15, February 19, March 26, April 30,



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| <i>Brunch</i> | <i>Breakfast Sandwich Egg, Cheese, Sausage, & Whole Wheat English Muffin Mixed Fruit Organic Milk</i> | <i>Cheesy Omelet Hash Browns Melon Mix Organic Milk</i> | <i>Avocado Toast with Egg Sliced Ham Pineapple Organic Milk</i> | <i>Whole Grain Cereal Greek Yogurt Sliced Bananas Organic Milk</i> | <i>Hearty Oatmeal Dried Fruit Turkey Sausage Organic Milk</i> |
| <i>Lunch</i> | <i>Tri-Color Cheese Tortellini Broccoli Fresh Fruit Organic Milk</i> | <i>Grilled Turkey Burger on Whole Wheat Bun Sweet Potato Fries Fresh Fruit Organic Milk</i> | <i>Meatloaf topped with Gravy Warm Biscuit Veggies Pears Organic Milk</i> | <i>Grilled Chicken Nuggets Macaroni & Cheese Fresh Fruit Veggies Organic Milk</i> | <i>Pulled BBQ Chicken Cole Slaw Fresh Fruit Organic Milk</i> |
| <i>Afternoon Snack</i> | <i>Pita Chips Hummus Fruit Water</i> | <i>Greek Yogurt Mixed Fruit Water</i> | <i>Brie Cheese Apple Slices Water</i> | <i>Hard Boiled Eggs Fresh Fruit Water</i> | <i>Ham & Cheese Roll Ups Fruit Water</i> |
| <i>Infant & Toddler Substitutes</i> | <i>Pita Bread Hummus</i> | <i>Cantaloupe & Honeydew Mix</i> | <i>Cooked Apple Slices</i> | <i>No Substitution Needed</i> | <i>Pulled BBQ Chicken & Applesauce</i> |
| <i>Vegetarian Meal Substitute</i> | <i>Breakfast Sandwich Egg & Cheese</i> | <i>Grilled Veggie Burger on Whole Wheat Bun</i> | <i>Veggie & Cheese Bake</i> | <i>Veggie Burger Macaroni & Cheese</i> | <i>Vegetarian Chili</i> |



Bright Horizons at the Esplanade
 3400 Lacey Road Downers Grove IL 60515
 630-852-0250 | espl@brighthorizons.com



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Week 2: November 13, December 18, January 22, February 26, April 2, May 7,



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|---|
| <i>Brunch</i> | Whole Wheat Bagel Cream Cheese Mixed Fruit Organic Milk | Cinnamon Raisin Toast Cheerios Bananas Organic Milk | Whole Wheat English Muffin Turkey Sausage Fresh Apples Organic Milk | Scrambled Eggs Whole Wheat Toast Turkey Bacon Peaches Organic Milk | Whole Wheat Waffles Strawberry Jam Greek Yogurt Pineapple Organic Milk |
| <i>Lunch</i> | Vegetarian Lasagna Asparagus Fresh Fruit Organic milk | Baked Chicken & Cheese Pesto Pasta Green Beans Mandarin Oranges Organic Milk | Ham & Grilled Cheese Sandwich Tomato Basil Soup Pears Organic Milk | Three Cheese & Bean Burrito Veggies Fresh Fruit Organic Milk | Spaghetti with Italian Meatballs & Red Sauce Vegetables Mixed Fruit Organic Milk |
| <i>Afternoon Snack</i> | Graham Crackers Apple Sauce Water | String Cheese Mixed Fruit Water | Cottage Cheese Dried Peaches Water | Carrots & Cucumber Ranch Dip Water | Whole Wheat Crackers Cheese Cubes Water |
| <i>Infant & Toddler Substitutes</i> | No Substitution Needed | No Substitution Needed | Cooked Apple Slices | No Substitution Needed | No Substitution Needed |
| <i>Vegetarian Meal Substitute</i> | No Substitution Needed | Baked Cheese & Pesto Pasta | Grilled Cheese Sandwich & Tomato Basil Soup | No Substitution Needed | Spaghetti with Vegetarian Meatballs & Red Sauce |



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Week 3: November 20, December 25, January 29, March 5, April 9, May 14,



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|--|
| <i>Brunch</i> | Whole Grain Cereal Hard Boiled Eggs Banana Organic Milk | Fresh Fruit & Greek Yogurt Parfait Whole Wheat Cereal Organic Milk | Whole Wheat Pancakes with Fresh Berries Organic Milk | Cream of Wheat Turkey Bacon Mixed fruit Organic Milk | Warm Blueberry Muffin Turkey Sausage Mixed Fruit Organic milk |
| <i>Lunch</i> | Butternut Squash Ravioli Fresh Fruit Mixed Veggies Organic Milk | Hearty Beef Stew with Carrots, Peas, & Celery Fresh Fruit Organic Milk | Turkey Melt with Cheddar Cheese on Whole Wheat Bread Mixed Fruit Veggies Organic Milk | Quinoa Veggie Sliders Garden Salad Cantaloupe Organic milk | Ground Turkey Tacos with Lettuce, Tomato, Sour Cream, & Cheese on Whole Wheat Tortilla Fresh Fruit Organic Milk |
| <i>Afternoon Snack</i> | Artichoke Spinach Dip Pita chips Water | Nutri Grain Bars Fresh Fruit Water | Apple Cinnamon Muffin Fruit Water | Oyster Crackers String Cheese Fruit Water | Vanilla Wafers Fruit Water |
| <i>Infant & Toddler Substitutes</i> | Artichoke Spinach Dip Pita Bread | No Substitution Needed | Whole Wheat Pancakes with Fresh Bananas | No Substitution Needed | No Substitution Needed |
| <i>Vegetarian Meal Substitute</i> | No Substitution Needed | Vegetarian Chili | Veggie Melt with Cheddar Cheese on Whole Wheat Bread | No Substitution Needed | Veggie Tacos with Lettuce, Tomato, Sour Cream, & Cheese |



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Week 4: November 27, January 1, February 5, March 12, April 16, May 21,



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------|---|--|---|---|---|
| Brunch | Whole Wheat English Muffin Soy Nut Butter Jam Applesauce Organic Milk | Whole Grain Cereal Omelet Mixed Fruit Organic Milk | Warm Biscuit Cottage Cheese Fresh Peaches Organic Milk | Fresh Fruit Salad Greek Yogurt Whole Grain Cereal Organic Milk | Whole Wheat Bagel Grape Jam Turkey Sausage Links Fresh Pears Organic Milk |
| Lunch | Salisbury Steak with Gravy on Whole Wheat Bun Veggies Fresh Fruit Organic Milk | Three Cheese Ravioli Mixed Fruit Fresh Veggies Organic Milk | Grilled Chicken, Broccoli & Cheese Bake with Brown Rice Fresh Fruit Organic Milk | Mediterranean Vegetable Soup Naan Flatbread Fresh Fruit Organic Milk | Chicken & Cheese Quesadilla Veggies Apricots Organic Milk |
| Afternoon Snack | Whole Wheat Crackers Cream Cheese Water | Animal Crackers Fruit Water | Pita Bread Fresh Salsa Fruit Water | Cheese Cubes Applesauce Water | Corn Muffins Fresh Fruit Water |
| Infant & Toddler | No Substitution Needed | No Substitution Needed | No Substitution Needed | No Substitution Needed | No Substitution Needed |
| Vegetarian Meal Substitute | Baked Parmesan Sandwich | No Substitution Needed | Broccoli & Cheese Bake with Brown Rice | No Substitution Needed | Cheese & Veggie Quesadilla |



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Week 5: December 4, January 8, February 12, March 19, April 23, May 28



| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|---|
| <i>Brunch</i> | Whole Wheat Pancakes Fresh Fruit Organic Milk | Special K Cereal Cinnamon Raisin Bread Hard Boiled Egg Fresh Fruit Organic Milk | Cheese Scrambled Eggs with Diced Ham Banana Organic Milk | Egg & Ham on Whole Wheat English Muffin Fresh Fruit Organic Milk | Baked Apple Cinnamon Muffins Turkey Bacon Mixed Fruit Organic Milk |
| <i>Lunch</i> | Grilled Chicken Sandwich on Whole Wheat Bun Fresh Fruit Veggies Organic milk | Whole Wheat Lasagna with Meat Sauce Apricots Veggies Organic Milk | Sliced Turkey Breast Roasted Potatoes Veggies Fruit Mix Organic milk | Turkey Meatball Sub Sandwich Fresh Peaches Veggies Organic Milk | Grilled Chicken & Dumplings Veggie Mix Fresh Fruit Organic Milk |
| <i>Afternoon Snack</i> | Nutri Grain Bar Fruit Water | Soft Pretzel Bites Cheese Sauce Fruit Water | Veggie Sticks Cheese Cubes Water | String Cheese Graham Crackers Fruit Water | Soy Nut Butter Whole Wheat Crackers Water |
| <i>Infant & Toddler Substitutes</i> | No Substitution Needed | No Substitution Needed | Applesauce Cheese Cubes | No Substitution Needed | No Substitution Needed |
| <i>Vegetarian Meal Substitute</i> | Grilled Veggie Burger on Whole Wheat Bun | Vegetarian Lasagna | Baked Cheese Pesto Flatbread | Egg & Cheese on Whole Wheat English Muffin Veggie Sub | Grilled Cheese Sandwich |



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