

Bright Horizons at Northbrook

February 2018 Menu

Chef Daniel Bourdon

	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast	29. Rice Crispies Fresh Bananas Organic Milk	30.. Hot Blueberry Oatmeal Fresh Apples Organic Milk	31. Toasted Whole Wheat Cinnamon Toast Creamy Sun Butter Fresh Apples Organic Milk	1. Scrambled Eggs Turkey Sausage Fresh Clementine's Organic Milk	2. Strawberry Vanilla Yogurt Cinnamon Granola Fresh Bananas Organic Milk	Meet Chef Daniel Illinois Department of Public Health Certified Food Handler Associate Degree in Culinary Arts from Kendall College State of Illinois Sanitation License ServSafe: Food Protection Manager Certification
Lunch	Whole Grain Cheese Tortellini Homemade Tomato Sauce Fresh Melon Mix Steamed Cauliflower Organic Milk	Homemade Lentil Soup Fresh Pineapple Steamed Mixed Vegetables Organic Milk	Middle Eastern Rice with Black Beans, Chickpeas and Ground Turkey Fresh Fruit Salad Mix Steamed Cauliflower Organic Milk	Baked Cajun Chicken Breasts Fresh Watermelon Steamed Broccoli Organic Milk Vegetarian: Cajun Tofu	Cheesy Mushroom Pizzas Fresh Cantaloupe Steamed Italian Vegetables Organic Milk	
Afternoon Snack	Whole Grain Graham Crackers Creamy Sun Butter Water	Fresh Baby Carrots Creamy Ranch Dressing Raisins Water	String Cheese Whole Wheat Crackers Water	Cottage Cheese Diced Peaches Water	Fresh Mixed Fruit Smoothie Graham Crackers INF: Strawberry Yogurt with Graham Crackers	
Snack To Go	Breakfast Bars Fresh Baby Carrots	Fresh Apples Graham Crackers	Cereal Bars Fresh Clementines	Baby Carrots Graham Crackers	Fresh Baked Muffins Whole Ripened Bananas	



Healthy Meals

- Vegetarian Meal Options.
- Fresh Fruits and Vegetables Served Every Day.
- All Meals are Baked Not Fried.
- Proteins Include Chicken, Turkey, 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 are Included in the Tuition.
- All Meals are Served Family Style



	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast	5. Rice Chex Fresh Bananas Organic Milk	6. Hot Cinnamon Apple Oatmeal Fresh Pineapple Organic Milk	7. Toasted Whole Grain English Muffin Creamy Sun Butter Fresh Apples Organic Milk	8. Hot Whole Grain Pancakes Fresh Bananas Organic Milk	9. Scrambled Eggs Turkey Sausage Diced Mango Organic Milk	Meet Chef Daniel Illinois Department of Public Health Certified Food Handler Associate Degree in Culinary Arts from Kendall College State of Illinois Sanitation License ServSafe: Food Protection Manager Certification
Lunch	Sweet and Sour Chicken Hot Jasmine Rice Fresh Melon Mix Steamed Green Beans Organic Milk Vegetarian: Sweet and Sour Tofu	Roasted Turkey and Tomato Panini Fresh Watermelon Steamed Broccoli Organic Milk Vegetarian: Tomato, Spinach, and Cheese Panini	Baked Mozzarella Mostaccioli Fresh Watermelon Steamed Cauliflower Milk	Homemade Turkey Burgers Whole Wheat Bun Fresh Pineapple Steamed Italian Vegetables Organic Milk Vegetarian: Homemade Black Bean Burger	Black Bean and Cheese Quesadillas Fresh Cantaloupe Steamed Mixed Vegetables Organic Milk	
Afternoon Snack	Graham Crackers Cranberry Crasins Water Inf Sub: Graham Crackers with Apple Sauce	String Cheese Whole Wheat Crackers Water	Soft Baked Pretzel Bites Diced Mango Water	Whole Wheat Pita Homemade Hummus Water	Homemade Banana Muffin Water	
Snack To Go	Cereal Bars Fresh Clementine's	Baby Carrots Graham Crackers	Fresh Apples Graham Crackers	Whole Wheat Crackers Fresh Clementine's	Baby Carrots Cereal Bars	



I/T: Infant/Toddler Alternative
V: Vegetarian Alternative

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Breakfast	12. Rice Crispi's Fresh Bananas Organic Milk	13. Strawberry Vanilla Yogurt Cinnamon Granola Fresh Clementine's Organic Milk	14. Toasted Whole Wheat Cinnamon Toast Creamy Sun Butter Turkey Sausage Fresh Pineapple Organic Milk	15. Hot Banana Oatmeal Fresh Apples Organic Milk	16. Toasted Cinnamon Raisin Bagels Cream Cheese Fresh Bananas Organic Milk	Meet Chef Daniel Illinois Department of Public Health Certified Food Handler Associate Degree in Culinary Arts from Kendall College State of Illinois Sanitation License ServSafe: Food Protection Manager Certification
Lunch	Homemade Fresh Vegetable Stir-Fry Hot Jasmine Rice Fresh Honeydew Organic Milk	Homemade Chicken and Wild Rice Soup Fresh Watermelon Steamed Mixed Vegetables Organic Milk Vegetarian: Homemade Lentil Soup	Homemade Black Bean Burgers Whole Grain Bun Fresh Fruit Salad Mix Steamed Cauliflower Organic Milk	Ground Turkey Tacos with Diced Tomatoes, Shredded Lettuce and Cheese Fresh Honey Dew Steamed Green Beans Vegetarian: Veggie Tacos	Whole Wheat Penne Pasta with Homemade Turkey Meat Sauce Fresh Clementine's Steamed Broccoli Organic Milk Vegetarian: Pasta with Tomato Sauce	
Afternoon Snack	Cheddar Cubes Whole Wheat Crackers Water	Fresh Baby Carrots Creamy Ranch Dressing Cranberry Crasins Water	Homemade Black Bean Dip Homemade Whole Wheat Tortilla Chips Water	Cottage Cheese Diced Peaches Water	Mixed Fresh Fruit Smoothie Graham Crackers Water INF: Strawberry Yogurt with Graham Crackers	
Snack To Go	Fresh Apples Graham Crackers	Cereal Bars Fresh Clementine's	Whole Wheat Crackers Fresh Clementine's	Fresh Apples Graham Crackers	Fresh Baked Muffins Whole Ripened Bananas	



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Breakfast	19. Chex Cereal Fresh Bananas Organic Milk	20. Hot Blueberry Oatmeal Fresh Bananas Organic Milk	21. Toasted Cinnamon Raisin Bagels Cream Cheese Fresh Apples Organic Milk	22. Scrambled Eggs Turkey Sausage Fresh Bananas Organic Milk	23. Homemade Waffles Fresh Apples Organic Milk	Meet Chef Daniel Illinois Department of Public Health Certified Food Handler Associate Degree in Culinary Arts from Kendall College State of Illinois Sanitation License ServSafe: Food Protection Manager Certification
Lunch	Pasta Primavera with Fresh Vegetables Fresh Melon Mix Organic Milk	Homemade Chicken Chili Fresh Pineapple Steamed Cauliflower Organic Milk Vegetarian: Homemade Vegetarian Chili	Spanish Rice with Mixed Vegetables and Black Beans Fresh Honeydew Organic Milk	Chicken Pita with Diced Tomatoes, Shredded Cheese and Homemade Tzatziki Sauce Fresh Pineapple Steamed Broccoli Organic Milk Vegetarian: Mixed Vegetable and Black Bean Pita	Mini Turkey Meatloaves Fresh Watermelon Steamed Broccoli Organic Milk Vegetarian: Homemade Black Bean Burger	
Afternoon Snack	Graham Crackers Creamy Sun Butter Water	Homemade Greek Yogurt Tzatziki Dip Whole Wheat Naan Water	String Cheese Whole Wheat Crackers Water	Whole Grain Vanilla Wafers Homemade Apple Sauce Water	Homemade Apple Cinnamon Muffin Water	
Snack To Go	Cereal Bars Fresh Apples	Whole Wheat Crackers Fresh Clementines	Baby Carrots Graham Crackers	Cereal Bars Fresh Apples	Freshly Baked Muffins Fresh Pears	

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Breakfast	26. Crispix Cereal Fresh Bananas Organic Milk	27. Hot Blueberry Oatmeal Fresh Bananas Organic Milk	28. Toasted Cinnamon Raisin Bagels Cream Cheese Fresh Apples Organic Milk	1. Scrambled Eggs Turkey Sausage Fresh Bananas Organic Milk	2. Homemade Whole Grain Pancakes Fresh Apples Organic Milk	Meet Chef Daniel Illinois Department of Public Health Certified Food Handler Associate Degree in Culinary Arts from Kendall College State of Illinois Sanitation License ServSafe: Food Protection Manager Certification Favorite Vegetable: Brussels Sprouts
Lunch	Homemade Minestrone Soup Fresh Pineapple Whole Grain Mini Roll Organic Milk	Baked Parmesan Crusted Chicken Fresh Cantaloupe Steamed Cauliflower Organic Milk	Vegetarian Tortas with Black Beans, Avocado, and Cheese Fresh Melon Mix Steamed Green Beans Organic Milk	Sloppy Jane on a Whole Wheat Bun Fresh Pineapple Steamed Broccoli Organic Milk Vegetarian: Homemade Veggie Burger with Cheese	Homemade Mac and Cheese Fresh Honeydew Steamed Mixed Vegetables Organic Milk	
Afternoon Snack	Graham Crackers Creamy Sun Butter Water	Homemade Hummus Whole Wheat Naan Water	String Cheese Whole Wheat Crackers Water	Whole Grain Vanilla Wafers Homemade Apple Sauce Water	Homemade Apple Cinnamon Muffin Water	
Snack To Go	Oyster Crackers Fresh Apples	Whole Wheat Crackers Fresh Clementines	Baby Carrots Graham Crackers	Cereal Bars Fresh Apples	Freshly Baked Muffins Fresh Pears	

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