

# BRIGHT HORIZONS AT NORTHBROOK

## What's on the Menu?



	MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 8	FRIDAY 9
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>▪ Cheerios</li> <li>▪ Fresh Clementine's</li> <li>▪ Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Hot Blueberry Oatmeal</li> <li>▪ Fresh Bananas</li> <li>▪ Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Toasted Cinnamon Toast</li> <li>▪ Apple Butter</li> <li>▪ Fresh Pineapple</li> <li>▪ Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Rice Chex</li> <li>▪ Fresh Bananas</li> <li>▪ Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Strawberry and Vanilla Yogurt</li> <li>▪ Cinnamon Granola</li> <li>▪ Organic Milk</li> <li>▪ <a href="#">Yogurt with graham crackers</a></li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>▪ Baked Lemon Pepper Chicken</li> <li>▪ Fresh Pineapple</li> <li>▪ Steamed Mixed Vegetables</li> <li>▪ Organic Milk</li> <li>▪ <a href="#">Lemon Pepper Tofu</a></li> </ul>	<ul style="list-style-type: none"> <li>▪ Black Bean and Cheese Quesadillas</li> <li>▪ Fresh Melon Mix</li> <li>▪ Steamed Cauliflower</li> <li>▪ Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Spanish Rice with Tomatoes, Black Beans, and Mixed Vegetables</li> <li>▪ Fresh Honeydew</li> <li>▪ Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Baked Mozzarella Mostacolli</li> <li>▪ Fresh Watermelon</li> <li>▪ Steam Broccoli</li> <li>▪ Organic milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Cheesy Mini Pizzas</li> <li>▪ Fresh Cantaloupe</li> <li>▪ Steamed Mixed Vegetables</li> <li>▪ Organic Milk</li> </ul>
<b>AFTERNOON SNACK</b>	<ul style="list-style-type: none"> <li>▪ Cottage Cheese</li> <li>▪ Diced Mango</li> <li>▪ Water</li> </ul>	<ul style="list-style-type: none"> <li>▪ Baby Carrots</li> <li>▪ Creamy Ranch</li> <li>▪ Water</li> </ul>	<ul style="list-style-type: none"> <li>▪ Graham Crackers</li> <li>▪ Creamy Sun Butter</li> <li>▪ Water</li> </ul>	<ul style="list-style-type: none"> <li>▪ String Cheese</li> <li>▪ Whole Wheat Crackers</li> <li>▪ Water</li> </ul>	<ul style="list-style-type: none"> <li>▪ Vanilla Wafers</li> <li>▪ Raisins</li> <li>▪ Water</li> </ul>
<b>SNACK TO GO</b>	<ul style="list-style-type: none"> <li>▪ Baby Carrots</li> <li>▪ Cereal Bars</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fresh Apples</li> <li>▪ Graham Crackers</li> </ul>	<ul style="list-style-type: none"> <li>▪ Cereal Bars</li> <li>▪ Fresh Clementine's</li> </ul>	<ul style="list-style-type: none"> <li>▪ Baby Carrots</li> <li>▪ Graham Crackers</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fresh Apples</li> <li>▪ Breakfast Bars</li> </ul>

### We Serve Healthy Meals

- Vegetarian meal options available
- Fresh fruits and vegetables served daily
- 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 included in the tuition
- All meals served family style

**I/T: Infant/Toddler Alternative**

**V: Vegetarian Alternative**



# BRIGHT HORIZONS AT NORTHBROOK

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	MONDAY 12	TUESDAY 13	WEDNESDAY 14	THURSDAY 15	FRIDAY 16
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>▪ Rice Chex</li> <li>▪ Fresh Bananas</li> <li>▪ Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Hot Blueberry Oatmeal</li> <li>▪ Fresh Bananas</li> <li>▪ Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Toasted Cinnamon Toast</li> <li>▪ Apple Butter</li> <li>▪ Fresh Pineapple</li> <li>▪ Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Scrambled Eggs</li> <li>▪ Turkey Sausage</li> <li>▪ Fresh Bananas</li> <li>▪ Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Strawberry and Vanilla Yogurt</li> <li>▪ Cinnamon Granola</li> <li>▪ Water</li> <li>▪ <a href="#">Yogurt with graham crackers</a></li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>▪ Baked Cajun Chicken</li> <li>▪ Fresh Pineapple</li> <li>▪ Steamed Mixed Vegetables</li> <li>▪ Organic Milk</li> <li>▪ <a href="#">Cajun Tofu</a></li> </ul>	<ul style="list-style-type: none"> <li>▪ Cheese Tortellini</li> <li>▪ Fresh Melon Mix</li> <li>▪ Steamed Cauliflower</li> <li>▪ Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Middle Eastern Jasmine Rice with Tomatoes, Black Beans, and Mixed Vegetables</li> <li>▪ Fresh Honeydew</li> <li>▪ Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Hot Grilled Cheese</li> <li>▪ Homemade Tomato Vegetable Soup</li> <li>▪ Fresh Watermelon</li> <li>▪ Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>▪ Homemade Turkey Tacos</li> <li>▪ Fresh Cantaloupe</li> <li>▪ Steamed Mixed Vegetables</li> <li>▪ Organic Milk</li> <li>▪ <a href="#">Homemade Vegetable Tacos</a></li> </ul>
<b>AFTERNOON SNACK</b>	<ul style="list-style-type: none"> <li>▪ String Cheese</li> <li>▪ Whole Wheat Crackers</li> <li>▪ Water</li> </ul>	<ul style="list-style-type: none"> <li>▪ Baby Carrots</li> <li>▪ Creamy Ranch</li> <li>▪ Diced Peaches</li> <li>▪ Water</li> </ul>	<ul style="list-style-type: none"> <li>▪ Cottage Cheese</li> <li>▪ Diced Mango</li> <li>▪ Water</li> </ul>	<ul style="list-style-type: none"> <li>▪ Graham Crackers</li> <li>▪ Creamy Sun Butter</li> <li>▪ Raisins</li> <li>▪ Water</li> </ul>	<ul style="list-style-type: none"> <li>▪ Homemade Blueberry Muffins</li> <li>▪ Water</li> </ul>
<b>SNACK TO GO</b>	<ul style="list-style-type: none"> <li>▪ Baby Carrots</li> <li>▪ Cereal Bars</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fresh Apples</li> <li>▪ Graham Crackers</li> </ul>	<ul style="list-style-type: none"> <li>▪ Cereal Bars</li> <li>▪ Fresh Clementine's</li> </ul>	<ul style="list-style-type: none"> <li>▪ Baby Carrots</li> <li>▪ Graham Crackers</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fresh Apples</li> <li>▪ Breakfast Bars</li> </ul>

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**I/T: Infant/Toddler Alternative**

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# BRIGHT HORIZONS AT NORTHBROOK

## What's on the Menu?



	MONDAY 19	TUESDAY 20	WEDNESDAY 21	THURSDAY 22	FRIDAY 23
<b>BREAKFAST</b>	<ul style="list-style-type: none"> <li>Crispix</li> <li>Fresh Clementine's</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Hot Homemade Pancakes</li> <li>Fresh Bananas</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Toasted Cinnamon Bagels</li> <li>Fresh Cream Cheese</li> <li>Fresh Pineapple</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Strawberry and Vanilla Yogurt</li> <li>Cinnamon Granola</li> <li>Organic Milk</li> <li>Yogurt with graham crackers</li> </ul>	<ul style="list-style-type: none"> <li>Scrambled Eggs</li> <li>Turkey Sausage</li> <li>Fresh Bananas</li> <li>Organic Milk</li> </ul>
<b>LUNCH</b>	<ul style="list-style-type: none"> <li>Homemade Pasta Primavera</li> <li>Fresh Pineapple</li> <li>Steamed Mixed Vegetables</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Homemade Chicken Salad</li> <li>Whole Wheat Bun</li> <li>Fresh Melon Mix</li> <li>Steamed Cauliflower</li> <li>Organic Milk</li> <li>Homemade Egg Salad</li> </ul>	<ul style="list-style-type: none"> <li>Homemade Lentil Soup with Vegetables</li> <li>Fresh Honeydew</li> <li>Organic Milk</li> </ul>	<ul style="list-style-type: none"> <li>Homemade Sloppy Jane</li> <li>Whole Wheat Bun</li> <li>Fresh Pineapple</li> <li>Steam Broccoli</li> <li>Organic milk</li> <li>Homemade Sloppy Tofu</li> </ul>	<ul style="list-style-type: none"> <li>Mini Turkey Meatball Sandwiches</li> <li>Fresh Cantaloupe</li> <li>Steamed Mixed Vegetables</li> <li>Organic Milk</li> <li>Homemade Black Bean Burger</li> </ul>
<b>AFTERNOON SNACK</b>	<ul style="list-style-type: none"> <li>Graham Crackers</li> <li>Creamy Sun Butter</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Homemade Hummus</li> <li>Hot Baked Naan</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Whole Wheat Vanilla Wafers</li> <li>Craisins</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>String Cheese</li> <li>Whole Wheat Crackers</li> <li>Water</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Fruit Smoothie</li> <li>Whole Grain Vanilla Wafers</li> <li>Water</li> </ul>
<b>SNACK TO GO</b>	<ul style="list-style-type: none"> <li>Baby Carrots</li> <li>Cereal Bars</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Apples</li> <li>Graham Crackers</li> </ul>	<ul style="list-style-type: none"> <li>Cereal Bars</li> <li>Fresh Clementine's</li> </ul>	<ul style="list-style-type: none"> <li>Baby Carrots</li> <li>Graham Crackers</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Apples</li> <li>Breakfast Bars</li> </ul>

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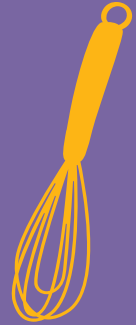
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