



Menu

Bright Horizons at the Esplanade
 Infants & Toddlers are served Organic Whole Milk
 Twos-School Age are served Organic 1% Milk

Week 1

April 25th, May 30th, July 4th, August 8th, September 12th



	Monday	Tuesday	Wednesday	Thursday	Friday
Brunch	Whole Wheat Bagel Cream Cheese Cereal Fresh Fruit Organic Milk	Hard Boiled Egg Fruit Salad Whole Wheat Muffin Organic Milk	French Toast Sticks Yogurt Parfait With Granola Fresh Fruit Organic Milk	Egg & Ham on Whole Wheat English Muffin Breakfast Potatoes Fresh Fruit Organic Milk	Cereal Fresh Fruit Cottage Cheese Organic Milk
Lunch	Grilled Chicken Wraps Veggies Fresh Fruit Organic Milk	Cheese Tortellini with Meat Sauce Veggies Fresh Fruit Organic Milk	Baked Ham & Provolone Bagel Sandwich Salad Fresh Fruit Organic Milk	Beef Taco Salad w/Tomato, Lettuce, Sour Cream, Salsa, & Cheese Fresh Fruit Veggies Organic Milk	Cheese Pizza Veggies Fresh Fruit Organic Milk
Afternoon Snack	Apple Slices Cheese Cubes Water	Hummus Whole Wheat Crackers Water	NutriGrain Bar Fruit Water	Junior Trail Mix: Cheerios, Chex Cereal Dried Raisins and Cranberries Water	Graham Crackers Apple Sauce Water
Infant & Toddler Substitutes	Snack: Cooked Apple Slices	No Substitution Needed	Breakfast: Yogurt Parfait with Cheerios	Snack: Junior Trail Mix with Diced Fruit	No Substitution Needed
Vegetarian Meal Substitute	Lunch: Grilled Veggie Wrap	Lunch: Cheese Tortellini	Lunch: Baked Cheddar & Provolone Bagel Sandwich	Lunch: Meatless Taco Salad	No Substitution Needed

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



Menu

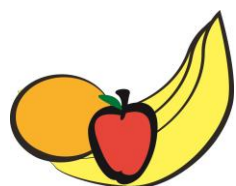
Bright Horizons at the Esplanade
 Infants & Toddlers are served Organic Whole Milk
 Twos-School Age are served Organic 1% Milk

Week 2

May 2nd, June 6th, July 11th, August 15th, September 19th



	Monday	Tuesday	Wednesday	Thursday	Friday
Brunch	Cheese Omelet Whole Wheat Toast Fresh Fruit Organic Milk	Whole Wheat Pancakes Sausage Fresh Fruit Organic Milk	Whole Wheat English Muffin Tomato and Mozzarella Cheese Melt Fresh Fruit Organic Milk	Fresh Fruit Salad Yogurt Cheerios Organic Milk	Whole Grain Cereal Cinnamon Raisin Bread Turkey Sausage Links Fresh Fruit Organic Milk
Lunch	Grilled Chicken Sandwiches Fresh Fruit Veggies Organic Milk	Swedish Meatballs Egg Noodles Veggies Fresh Fruit Organic Milk	Chicken Stir-Fry Steamed Brown Rice Fresh Fruit Veggies Organic Milk	Baked Flat Bread Cheese and Pesto Sandwiches Veggies Fresh Fruit Organic Milk	Baked Whole Wheat Spaghetti Veggies Fresh Fruit Organic Milk
Afternoon Snack	Bananas Soy Nut Butter Water	Crackers & Cheese Cube Water	Yogurt Fresh Fruit Water	Graham Crackers Cream Cheese Spread Water	Flat Bread Salsa Water
Infant & Toddler Substitutes	No Substitution Needed	Snack: Apricot Halves	Snack: Sliced Cheese	Snack: Hummus	No Substitution Needed
Vegetarian Meal Substitute	Lunch: Baked Cheese Sandwich	Lunch: Egg Noodles & Marinara Sauce	Lunch: Vegetable Stir-Fry	No Substitution Needed	No Substitution Needed



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



Menu

Bright Horizons at the Esplanade
 Infants & Toddlers are served Organic Whole Milk
 Twos-School Age are served Organic 1% Milk

Week 3

May 9th, June 13th, July 18th, August 22nd, September 26th



	Monday	Tuesday	Wednesday	Thursday	Friday
Brunch	Whole Grain Cereal Fresh Fruit Muffins Organic Milk	Whole Wheat Waffles Hard Boiled Egg Fresh Fruit Organic Milk	Whole Grain Biscuits Turkey Sausage Fresh Fruit Organic Milk	Scrambled Eggs w/Diced Ham Mixed Fresh Fruit Organic Milk	Baked Apple Cinnamon French Toast Yogurt Organic Milk
Lunch	Teriyaki Meatballs Veggie Fried Rice Fresh Fruit Organic Milk	Macaroni and Cheese BBQ Chicken Breasts Veggies Fresh Fruit Organic Milk	Whole Wheat Chicken & Cheese Quesadillas Veggies Fresh Fruit Organic Milk	Turkey & Cheese Sandwiches Veggies Fresh Fruit Organic Milk	Whole Wheat Rotini Bake Green Veggie Salad Fresh Fruit Organic Milk
Afternoon Snack	String Cheese Applesauce Water	Vanilla Yogurt Graham Crackers Water	Fresh Veggies Hummus	Cheese Cubes Whole Wheat Crackers Fresh Fruit Water	Bagels Soy Nut Butter & Jelly Fresh Fruit Water
Infant & Toddler Substitutes	No Substitution Needed	No Substitution Needed	No Substitution Needed	No Substitution Needed	No Substitution Needed
Vegetarian Meal Substitute	No Substitution Needed	Lunch: Veggie Burger	Lunch: Cheese & Veggie Quesadillas	Lunch: Baked Cheese Sandwich	Snack: NutriGrain Bar

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



Menu

Bright Horizons Child Care & Educational Learning
 Infants & Toddlers are served Organic Whole Milk
 Twos-School Age are served Organic 1% Milk
 Week 4

May 16th, June 20th, July 25th, August 29th, October 3rd



	Monday	Tuesday	Wednesday	Thursday	Friday
Brunch	Whole Grain Cereal Mini Bagels with Jam Fresh Fruit Organic Milk	Egg & Turkey Sausage Breakfast Sandwich Fresh Fruit Organic Milk	Breakfast Wraps: Tortillas, Eggs & Cheese Fresh Fruit Organic Milk	Whole Wheat Pancakes Fresh Fruit Organic Milk	Vanilla Yogurt Fresh Fruit Cheerios Organic Milk
Lunch	Chicken Pasta Salad Veggies Fruit Organic Milk	Seasoned Baked Cod Veggies Fresh Fruit Organic Milk	Beef Tacos w/Tomato, Lettuce, Sour Cream Veggies Fresh Fruit Organic Milk	Lemon Herb Chicken Breast Garden Salad Fresh Fruit Organic Milk	Sweet and Sour Meatballs Brown Rice Fresh Fruit Veggies Organic Milk
Afternoon Snack	Graham Crackers Fresh Fruit Water	Bagels Veggie Cream Cheese Water	Cheese Cubes Veggie Sticks Fresh Fruit Water	Cereal Mix Fruit Water	Bananas Soy Nut Butter Water
Infant & Toddler Substitutes	No Substitution Needed	No Substitution Needed	No Substitution Needed	No Substitution Needed	No Substitution Needed
Vegetarian Meal Substitute	Lunch: Vegetarian Pasta Salad	Breakfast: Egg & Cheese Sandwich Lunch: Veggie Burger	Lunch: Veggie Tacos	Lunch: Whole Wheat Pasta with Marinara Sauce	Lunch: Veggie Meatballs



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



Menu

Bright Horizons Child Care & Educational Learning
 Infants & Toddlers are served Organic Whole Milk
 Twos-School Age are served Organic 1% Milk
 Week 5

May 23th, June 27th, August 1st, September 5th, October 10th



	Monday	Tuesday	Wednesday	Thursday	Friday
Brunch	Special K Cereal Fresh Fruit Yogurt Organic Milk	Whole Wheat English Muffin Soy Butter Turkey Bacon Fresh Fruit Organic Milk	Whole Grain Cereal Cinnamon Raisin Bread Hard Boiled Egg Fresh Fruit Organic Milk	Blueberry Muffin Turkey Sausage Yogurt Fresh Fruit Organic Milk	Egg Bake Casserole Fresh Fruit Organic Milk
Lunch	Vegetarian Lasagna Bread Sticks Veggies Fresh Fruit Organic Milk	Oven Baked Parmesan Chicken Fresh Fruit Medley Veggies Organic Milk	Sweet and Sour Chicken Steamed Brown Rice Fresh Fruit Veggies Organic Milk	Pulled BBQ Chicken Sandwiches Veggies Fresh Fruit Organic Milk	Macaroni and Cheese Grilled Chicken Veggies Fresh Fruit Organic Milk
Afternoon Snack	Corn Muffin Fresh Fruit Water	Fresh Veggies Hummus	Ham & Cheese Roll Ups Fruit Water	String Cheese Animal Crackers Water	Graham Crackers Apple Sauce Water
Infant & Toddler Substitutes	No Substitution Needed	No Substitution Needed	No Substitution Needed	No Substitution Needed	No Substitution Needed
Vegetarian Meal Substitute	No Substitution Needed	Lunch: Oven Baked Parmesan Veggie	Lunch: Vegetarian Stir Fry Snack: String Cheese	Lunch: Veggie Burger on Whole Wheat Bun	Veggie Burger

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