

Bristol-Myers Squibb CDC Summer Week Three

M=Milk/Dairy

F=Fruit

G=Grain

P=Protein

V=Vegetable



2018



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Breakfast	House Made Granola served with Strawberry Yogurt, Tropical Fruit and Milk G,F,2M	Belgian Waffles served with Sliced Fresh Bananas and Milk G,F,M	Orange Scones with Fresh Blueberries and Milk G,F,M	Cheddar Cheese Omelets with Whole Grain Bread, Diced Fresh Cantaloupe and Milk P,M,F,G	Whole Grain Pancakes served with Sliced Fresh Strawberries and Milk G,F,M
Lunch	BBQ Chicken Strips with Vegetable Brown Rice Pilaf, Steamed Fresh Broccoli and Milk P,G,M,V	Mild Turkey Chili with Whole Grain Spirals, Shredded Cheddar Cheese, Green Beans and Milk P,G,M,V	Hamburgers on Whole Wheat Rolls, Lettuce & Tomato, Fresh Vegetable Quinoa Salad and Milk P,M,2G,2V	Cheese Ravioli with Chunky Tomato Basil Marinara Sauce, Fresh Tossed Garden Salad and Milk P, M,G,V	Fish Filets served with Roast Fresh Summer Squash, Mashed Fresh Cauliflower, and Milk P,2V,M
Vegetarian Option	BBQ Veggie Nuggets with Vegetable Brown Rice Pilaf, Steamed Fresh Broccoli and Milk P,G,M,V	Mild Bean Chili with Whole Grain Spirals, Shredded Cheddar Cheese, Green Beans and Milk P,G,M,V	Veggie Burgers on Whole Wheat Rolls, Lettuce & Tomato, Fresh Vegetable Quinoa Salad and Milk P, 2V, 2G,M		Sunbutter & Banana on Whole Grain Bread with Roast Fresh Summer Squash, Mashed Fresh Cauliflower and Milk 2V,G,M
Snack	Diced Fresh Honeydew with Wheat Crackers and Water F,G	Banana Oatmeal Bars with Diced Fresh Seedless Watermelon and Water G,F	Diced Fresh Pineapple with Soft Whole Wheat Tortilla Triangles and Water F,G	Diced Pears with Vanilla Yogurt and Water F,M	Cheese Sticks with Whole Wheat Crackers and Water M,G

