

The Child Development Center at Bristol-Myers Squibb; Week One

M=Milk/Dairy
F=Fruit
G=Grain
P=Protein (sub.)
V=Vegetable



2018



	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Breakfast	Cheese Omelets with Whole Wheat Bread, Unsweetened Applesauce and Milk	Plain Bagels with Cream Cheese and Fresh Sliced Bananas and Milk	Apple Gingerbread Muffins with Fresh Orange Slices and Milk	Rice Krispies Cereal served with Diced Peaches and Milk	Whole Grain Pancakes with Turkey Sausage, Warm Cinnamon Apples and Milk
	P, F, G, M	G,F,M	G,F,M	G,F,M	P, F, G,M
Lunch	Cheesy Whole Wheat Penne Bake, Fresh Roasted Zucchini, Lima Beans and Milk	Turkey Burgers on Whole Wheat Roll, Lettuce & Tomato, Steamed Fresh Cauliflower and Milk	Roast Beef and Gravy with Brown Rice & Barley Vegetable Pilaf, Roasted Fresh Broccoli and Milk	Fajita Chicken with Roasted Sweet Peppers & Onions, Pinto Beans, Whole Wheat Tortillas, Shredded Cheddar and Milk	Tomato & White Bean Soup with Goldfish Swimmers, Steamed Fresh Broccoli and Milk
	G, P, 2V, M	P, 2V, G, M	P, 2G, 2V, M	P, 2V, G, 2M	P,G, M, 2V
Vegetarian Option	Penne Marinara with Veggie Crumble, Fresh Roasted Zucchini, Lima Beans and Milk	Veggie Burger on Whole Wheat Roll, Lettuce & Tomato, Steamed Fresh Cauliflower and Milk	Veggie Nuggets with Brown Rice & Barley Vegetable Pilaf, Roasted Fresh Broccoli and Milk	Grilled Cheese with Roasted Sweet Peppers & Onions, Pinto Beans and Milk	
	G,2V,M	2V,P,G,M	2V,2G,M	2V,2G,M	
Snack	Fresh Cantaloupe with Whole Wheat Crackers and Water	Fresh Pineapple with Cheez-it Crackers and Water	Whole Grain Soft Pretzels with Diced Pears and Water	Whole Wheat Pita Triangles with Blanched baby Carrots (Raw for Kindergarten), Ranch Dressing and Water	Fresh Honeydew with Vanilla Yogurt and Water
	G, F	G, F	G, F	G, V	P, F