

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

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



2018

sodexo
QUALITY OF LIFE SERVICES

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Breakfast	Scrambled Eggs 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

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	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Breakfast	Whole Wheat English Muffins with Diced Pears and Milk	Maple Spice Muffins with Diced Apples and Milk	Cheddar Omelets with Whole Wheat Bread, Turkey Sausage, Fresh Pineapple and Milk	Whole Grain Pancakes with Diced Cantaloupe and Milk	Life Cereal served with Fresh Fruit Salad and Milk
	G, F, M	G,M, F	P, F, G, M	F, G, M	F, M, G
Lunch	Sliced Hickory Turkey with Lettuce & Tomato, Whole Wheat Tortillas, Cucumber-Chic Pea Salad and Milk	Basil Chicken served with Wax Beans, Brown Rice & Vegetable Pilaf and Milk	Cheese Ravioli with Chunky Tomato Marinara, Roasted Fresh Zucchini and Milk	Shepherd's Pie w/ Beef, Corn, Mashed Potatoes, Whole Wheat Pita and Milk	Whole Wheat Cheese Pizza with Fresh Tossed Salad, Cucumbers and Tomatoes, and Milk
	P, 2V, M, G	P, G, 2V, M	G, 2V, M, P	P, 2V, G, M	P, 2V, M, G
Vegetarian Option	Egg Whole Wheat Wrap with Lettuce & Tomato, Cucumber Chic Pea Salad and Milk	Veggie Nuggets with Wax Beans and Brown Rice & Vegetable Pilaf and Milk		Veggie Crumble Shepherd's Pie with Corn, Mashed Potatoes, Whole Wheat Pita and Milk	
	P, G, 2V, M	P, G, M, 2V		P, 2V, G, M	
Snack	Fresh Bananas with Sun Butter and Water	Graham Crackers with Fresh Orange Slices and Water	Strawberry Yogurt with Diced Peaches and Water	Fresh Diced Honeydew with Pumpkin Blondies and Water	Whole Wheat Crackers with Unsweetened Applesauce and Water
	F, P	G, F	P, F	F,G	G, F

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

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Breakfast	Scrambled Eggs served with Diced Peaches, Whole Wheat Bread and Milk	French Toast with Fresh Pineapple and Milk	Rice Chex Cereal served with Diced Fresh Honeydew and Milk	Sweet Potato Biscuits with Unsweetened Applesauce and Milk	Apple Cinnamon Oatmeal served with Diced Pears and Milk
	M, F, P, G	G, F, M	G, F, M	G, F, M	G, F, M
Lunch	Whole Grain Spirals and Turkey Meat Sauce with Fresh Roasted Squash, Steamed Carrots and Milk	Sweet and Sour Chicken Strips with Jasmine Rice, Asian Veggies and Milk	Grilled Mozzarella on Whole Wheat w/ Tomato Sauce, Steamed Fresh Cauliflower, Vegetarian Beans and Milk	Beef Sloppy Joe w/ Whole Wheat Rolls, Peas, Wax Beans, Cheddar Cheese and Milk	Fish Sticks with Tartar Sauce, Steamed Fresh Broccoli, Mashed Potatoes, and Milk
	G, 2V, M, P	P, G, 2V, M	2M,G,2V	P, G, 2V, 2M	P, 2V, M, G
Vegetarian Option	Whole Grain Spirals with Veggie Crumble Marinara, Fresh Roasted Squash, Steamed Carrots and Milk	Asian Veggie& Tofu Whole Wheat Wrap with Jasmine Rice and Milk		Veggie Crumble Sloppy Joe w/ Whole Wheat Roll, Peas, Wax Beans, Cheddar Cheese and Milk	Veggie Nuggets with Fresh Steamed Broccoli, Mashed Potatoes, and Milk
	G, 2V, M, P	P, V, 2G, M		P, 2V, G, 2M	G, 2V, M, P
Snack	Vanilla Yogurt with Diced Fresh Cantaloupe and Water	Sliced Bananas with Mini Bagels and Water	Whole Wheat Crackers with Fruit Cocktail and Water	Fresh Orange Slices with Whole Wheat Pita Triangles and Water	Whole Wheat Tortillas with Sliced Cucumbers, Ranch Dressing and Water
	P, F	F, G	G, F	F, G	G, 2V

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

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	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Breakfast	Kix Cereal served with Fresh Sliced Bananas and Milk	Cheddar Omelets with Tropical Fruit, Whole Wheat Bread and Milk	Spiced Pear Muffins served with Fresh Cantaloupe and Milk	Life Cereal served with Fresh Pineapple and Milk	Belgian Waffles with Unsweetened Cinnamon Apple Sauce and Milk
	F, M, G	P, G, F, M	G, F, M	G, F, M	G, F, M
Lunch	Macaroni and Cheese with Whole Grain Spirals, Steamed Fresh Cauliflower, Three Bean Salad and Milk	Tuna Salad on Whole Wheat Wrap with Quinoa Salad, Lettuce, Tomato Slices and Milk	Baked Chicken Strips with Israeli Couscous and Vegetables, Steamed Fresh Broccoli and Milk	Turkey & Gravy with Stuffin' Muffins, Roasted Fresh Butternut Squash, Corn and Milk	Cheeseburger Wheat Pizza served with Spinach Salad, Madarin Oranges and Milk
	P, G, M, 2V	P, G, 2V, M	P, G, 2V, M	P, 2V, G, M	V, G, M, P, F
Vegetarian Option		Cheese Whole Wheat Quesadilla with Quinoa Salad, Tomato Slices and Milk	Veggie Burger Patty with Israeli Couscous and Vegetables, Steamed Fresh Broccoli and Milk	Veggie Nuggets with Roasted Butternut Squash, Corn and Milk	Cheese Wheat Pizza with Fresh Spinach Salad, Mandarin Oranges and Milk
		M, 2G, V	P, 2V, G, M	P, 2V, G, M	G, M, V, P, F
Snack	Nilla Wafers with Fresh Honeydew Melon and Water	Whole Wheat Crackers with Diced Peaches and Water	Diced Apples with Strawberry Yogurt and Water	Fresh Oranges with Cheese Sticks and Water	Blanched Baby (raw for kindergarten) Carrots with Ranch Dip, Whole Wheat Pita Triangles and Water
	G, F	G, F	F, P	F, P	F, G

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

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WINTER



2018


 QUALITY OF LIFE SERVICES

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Breakfast	Scrambled Eggs with Tropical Fruit, Whole Wheat Bread and Milk	Special K Cereal served with Sliced Fresh Bananas and Milk	Whole Grain Pancakes with Turkey Sausage, Fresh Orange Wedges and Milk	Rice Krispies Cereal served with Diced Peaches and Milk	Banana Bran Muffin Bread with Diced Fresh Cantaloupe and Milk
	P, M, F, G	G, F, M	P, G, F, M	G, F, M	G, F, M
Lunch	Chicken Parmesan on Whole Wheat Rolls with Fresh Garden Salad and Milk	Pollock Filet with Brown Rice, Barley & Corn Salad, Green Beans and Milk	Hamburger Stroganoff and Egg Noodles with Steamed Fresh Broccoli, Fresh Cauliflower and Milk	BBQ Chicken Breast with Red Beans and Rice, Coleslaw and Milk	Vegetable Cheese Tortellini and White Bean Soup with Steamed Spinach and Milk
	P, 2V, G, M	P, 2V, G, M	P, G, 2V, M	P, 2V, G, M	G, 2V, M, P
Vegetarian Option	Veggie Nuggets w/ Whole Wheat Pita, Fresh Garden Salad and Milk	Bean and Cheese Whole Wheat Quesadilla with Brown Rice, Barley & Corn Salad, Green Beans and Milk	Herbed Egg Noodles with Steamed Fresh Broccoli, Fresh Cauliflower and Beans and Milk	Veggie Whole Wheat Wrap with Red Beans and Rice, Coleslaw and Milk	
	P, G, 2V, M	2V, G, P, M	G, 2V, P, M	P, 2V, G, M	
Snack	Diced Fresh Honeydew with Soft Whole Grain Pretzels and Water	Vanilla Yogurt with Diced Pears and Water	Whole Wheat Crackers with Unsweetened Applesauce and Water	Whole Wheat Pita Triangles with Ranch Dressing, Cucumber Slices and Water	Rice Cakes with Fresh Pineapple and Water
	G, F	P, F	G, F	G, V	G, F

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

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	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Breakfast	Rice Chex Cereal served with Mandarin Oranges and Milk	French Toast with Veggie Sausage, Diced Pears and Milk	Pumpkin Muffins served with Diced Peaches and Milk	Vanilla Yogurt and Homemade Granola with Fresh Pineapple and Milk	Whole Wheat English Muffins, Turkey Sausage, Diced Apples and Milk
	G, F, M	G,M, F	G, M, F	G, F, M	G,P,M, F
Lunch	Chicken Whole Wheat Quesadillas served with Refried Beans, Steamed Fresh Broccoli and Milk	Cheese and Potato Pierogies with Green Beans, Unsweetened Applesauce and Milk	Chicken Nuggets with BBQ Sauce, Steamed Baby Carrots, Steamed Peas and Milk	Salisbury Steak and Gravy with Brown Rice & Barley Pilaf, Fresh Roasted Zucchini and Milk	Veggie Pizza with Fresh Garden Salad of Cucumbers and Tomatoes, Creamy Italian Dressing and Milk
	G, 2M, 2V, P	G, P, M, V, F	P,G, M, 2V	P, G, M, V	P, G, M, V
Vegetarian Option	Cheese and Veggie Crumble Whole Wheat Quesadilla with Refried Beans Steamed Fresh Broccoli and Milk		Veggie Nuggets with Steamed Baby Carrots, Steamed Peas and Milk	Cheddar Omelet with Brown Rice & Barley Pilaf and Fresh Roasted Zucchini and Milk	
	M,P,G,2V		P,G,2V,M	P,M,V	
Snack	Fresh Diced Honeydew with Cream of Wheat Bars and Water	Strawberry Yogurt with Sliced Fresh Bananas and Water	Fig Newtons with Cinnamon Unsweetened Applesauce and Water	Diced Fresh Cantaloupe with Whole Wheat Pita Triangles and Water	Fresh Fruit Salad with Graham Crackers and Water