

Bristol-Myers Squibb CDCs Week One

M=Milk/Dairy

F=Fruit

G=Grain

P=Protein

V=Vegetable



2018

sodexo
QUALITY OF LIFE SERVICES

| | <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|-------------------|--|---|---|---|--|
| Breakfast | Whole Grain Pancakes with Diced Peaches and Milk G,F,M | Housemade Granola with Strawberry Yogurt, Fresh Honeydew and Milk G,F,M | Whole Wheat English Muffins served with Warm Cinnamon Apples and Milk G,F,M | Oatmeal Apple Muffins with Fresh Diced Pineapple and Milk G,F,M | Cheddar Omelets with Fresh Orange Slices, Whole Grain Bread Slices and Milk G,P, F, M |
| Lunch | Teriyaki BBQ Chicken Breast served with Asian Vegetable, Brown Rice and Milk P,V, M,G | Whole Grain Spirals with Beef Sauce served with Garden Salad and Milk P, 2V, G, M | Cream of Chicken, Wild Rice and Veggie Soup served with Fresh Roast Squash and Milk P,G, M, 2V | Turkey Sloppy Joe on Soft Wheat Bun with Fresh Steamed Broccoli, Cheddar Cheese and Milk P, G, V, 2M | Baked Pollock Nuggets served with Green Beans, Mashed Cauliflower and Milk P, V, G, M |
| Vegetarian Option | Teriyaki BBQ Tofu with Asian Vegetables, Brown Rice and Milk G,2V,M | Whole Grain Spirals with Veggie Crumble Marinara Sauce, Garden Salad and Milk P,2V,G,M | Wild Rice, Bean and Veggie Soup with Fresh Roast Squash and Milk P,2V,G,M | Vegetarian Crumble Sloppy Joe with Fresh Steamed Broccoli, Cheddar Cheese and Milk 2V,G,2M | Vegetable Nuggets, Green Beans, Mashed Cauliflower and Milk P,2V,M |
| Snack | Vanilla Yogurt with Sliced Fresh Petite Bananas and Water M, F | Cheese Sticks served with Whole Wheat Crackers and Water M, F | Graham Crackers served with Diced Pears and Water F, G | Fig Newtons with Diced Fresh Cantaloupe and Water G, F | Soft Pretzels served with Unsweetened Applesauce and Water G, F |

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|-------------------|---|--|--|--|--|
| Breakfast | Belgian Waffles with Diced Pears and Milk G, F, M | Apple Cinnamon Breakfast Barley with Sliced Fresh Petite Bananas and Milk G, F, M | Pumpkin Bran Muffins with Diced Apples and Milk G, F, M | Life Cereal with Fresh Fruit Salad and Milk G, F, M | Scrambled Eggs with Diced Peaches, Whole Grain Bread Slices and Milk P, M, V |
| Lunch | Turkey Burgers w/ Cheese on Soft Wheat Rolls with Coleslaw, Sliced Tomato and Milk P, G, 2V, M | Fish Sticks with Brown Rice Pilaf, Vegetarian Blend Vegetables and Milk P, G, 2V, M | Rotisserie Seasoned Chicken Breast with Fresh Steamed Broccoli & Cauliflower, Egg Noodles, and Milk P, 2V, G, M | BBO Beef Steaks on Hoagie Rolls with Steamed Baby Carrots, Vegetarian Beans and Milk P, 2V, G, M | Cheddar and Potato Pierogies served with Wax Beans, Sour Cream, Unsweetend Applesauce and Milk G, 2 M, V, F |
| Vegetarian Option | Veggie Burger w/ Cheese on Soft Wheat Roll with Coleslaw, Sliced Tomato and Milk 2V, G, M | Veggie Nuggets with Brown Rice Pilaf, Vegetarian Blend Vegetables and Milk M, P, 2V | Buttered Herbed Egg Noodles with Fresh Steamed Broccoli & Cauliflower, Pinto Beans and Milk G, 2M, V, P | Sun Butter & Jelly on Whole Wheat Bread with Steamed Baby Carrots, Vegetarian Beans and Milk P, G, V, M | |
| Snack | Whole Grain Banana Bars with House Made Fruit Cocktail and Water G, F | Rice Cakes served with Diced Fresh Honeydew Melon and Water G, F | Whole Wheat Crackers served with Fresh Orange Slices and Water G, F | Fresh Cantaloupe served with Vanilla Yogurt and Water M, G | Cucumber Slices served with Wheat Tortillas, Ranch Dressing and Water V, G |

Bristol-Myers Squibb CDCs Week Three

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2018



| | <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|-------------------|--|--|---|---|--|
| Breakfast | Rice Chex Cereal with Diced Apples and Milk G, F, M | French Toast with Sliced Fresh Petite Bananas and Milk G, F, M | Scrambled Eggs w/ Whole Wheat Tortillas, Fresh Cantaloupe and Milk P, G, F, M | Apple Harvest Muffins with Fresh Diced Honeydew and Milk G, F, M | Whole Wheat English Muffins with Turkey Sausage, Unsweetened Applesauce and Milk P, G, F, M |
| Lunch | Caccitore Chicken Breast with Italian Vegetables, Whole Grain Spirals and Milk P, V, G, M | Mild Turkey and Bean Chili with Wheat Crackers, Roasted Fresh Zucchini and Milk P, G, 2V, M | Veggie Burgers with Cheese, Tomato Slices, Soft Rolls, Steamed Fresh Broccoli and Milk 2M, 2V, G | Southwestern Chicken Salad with Cucumbers, Tomatoes, Black Bean & Corn Salad, Wheat Tortillas and Milk P, 2V, G, M | Whole Wheat Cheeseburger Pizza with Tomato Ceasar Salad and Milk P, G, 2M, V |
| Vegetarian Option | Whole Grain Spirals with Veggie Crumble Marinara w/ Italian Vegetables and Milk 2V, P, G, M | Veggie and Bean Chili with Wheat Crackers, Roasted Fresh Zucchini and Milk 2V, P, G, M | | Garden Salad with Cucumbers, Tomatoes, Cheddar, Black Bean & Corn Salad, Wheat Tortillas and Milk 2V, M, P, G | Plain Cheese Pizza with Tomato Ceasar Salad and Milk P, G, V, 2M |
| Snack | Sliced Whole Grain Bagels with Fresh Sliced Oranges and Water G, F | Pita Triangles served with Fresh Diced Pineapple and Water G, F | Diced Pears with Strawberry Yogurt and Water M, F | Fig Newtons served with Diced Peaches and Water G, F | Whole Wheat Crackers with Mandarin Orange Segments and Water G, F |

Bristol-Myers Squibb CDCs Week Four

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|-------------------|--|--|--|--|---|
| Breakfast | Cheddar Cheese Omelets with Tomato Basil Wraps, Diced Pears and Milk P, F, 1½M, G | Kix Cereal with Fresh Cantaloupe and Milk G, F, M | Maple Spice Muffins served with Diced Apples and Milk G, F, M | Granola with Vanilla Yogurt, Fresh Fruit Salad and Milk G, F, M | Whole Grain Pancakes with Turkey Sausage, Fresh Diced Honeydew and Milk G, F, M |
| Lunch | Tomato Lentil Soup served with ½ Grilled Cheese on Whole Grain Bread, Steamed Fresh Broccoli and Milk P, M, G, 2V | Salisbury Steak with Gravy, Green Beans, Mashed Cauliflower, Wheat Pitas and Milk P, 2V, G, M | Herb Roasted Chicken with Roasted Fresh Butternut Squash, Brown Rice & Peas and Milk P, 2V, G, M | Pollock Nuggets with Fresh Coleslaw, Succotash, Whole Grain Bread Slices and Milk P, 2V, M, G | Cheese Ravioli & Chunky Tomato Basil Marinara served with Fresh Spinach Salad, Mandarin Oranges and Milk P, G, V, F, M |
| Vegetarian Option | | Veggie Burger Patty with Mashed Cauliflower, Green Beans and Milk G, V, 1 ½M | Grilled Cheese on Whole Wheat w/ Roasted Fresh Butternut Squash, Brown Rice & Peas and Milk 2G, 2V, M | Veggie Nuggets with Coleslaw, Succotash, Whole Grain Bread Slices and Milk 2V, P, G, M | |
| Snack | Whole Grain Goldfish Crackers with Fresh Orange Slices and Water G, F | Sliced Fresh Petite Bananas, Strawberry Yogurt and Water F, M | Tortilla Triangles with Blanched Baby Carrots (raw for Kindergarten), Ranch Dressing and Water G, V | Whole Grain Spiced Pear Bars, Fresh Diced Pineapple and Water G, F | Applesauce with Whole Wheat Pita Triangles and Water G, F |

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|-------------------|--|---|---|---|---|
| Breakfast | Special K Cereal with Diced Peaches and Milk G, M, F | Belgian Waffles with Fresh Diced Cantaloupe and Milk F, G, M | Banana Quinoa Muffins served with Unsweetened Applesauce and Milk G, M, F | Scrambled Eggs served with Fresh Pineapple, Whole Grain Bread Slices and Milk P, G, M, F | Drop Biscuits served with Turkey Sausage, Diced Apples and Milk P, F, G, M |
| Lunch | Pineapple Chicken w/ Brown Rice, Fresh Steamed Cauliflower and Milk P, 2V, G, M | Cheese Steak on Hoagie Rolls w/ Fresh Tomato Slices, Shredded Lettuce, Steamed Fresh Broccoli and Milk P, G, 2V, M | Chicken Parmesan served with Soft Wheat Rolls, Steamed Baby Carrots and Milk P, 2M, G, V | Fish Sticks served with Lima Beans, Vegetable Couscous and Milk P, 2V, G, M | Margherita Pizza served with Garden Salad, Italian Dressing, Steamed Fresh Zucchini and Milk G, 2M, 2V |
| Vegetarian Option | Pineapple Tofu w/ Brown Rice, Fresh Steamed Cauliflower and Milk P, 2V, G, M | Grilled Cheese on Whole Grain with Fresh Tomato Slices, Shredded Lettuce, Steamed Fresh Broccoli, and Milk P, M, 2V, G | Veggie Burger Parmesan on Soft Wheat Roll with Steamed Baby Carrots and Milk 2V, P, G, M | Veggie Nuggets with Lima Beans, Vegetable Couscous and Milk P, 2V, G, M | |
| Snack | Fresh Fruit Salad with Graham Crackers and Water G, F, M | Vanilla Yogurt served with Sliced Fresh Bananas and Water M, F | Fresh Diced Honeydew, Nilla Wafers and Water G, F | Soft Pretzels with Diced Pears and Water F, G | Whole Wheat Crackers served with Fresh Orange Slices and Water G, F |

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|-------------------|---|--|--|---|---|
| Breakfast | Whole Grain French Toast served with Tropical Fruit and Milk G, F, M | Corn Flakes Cereal served with Sliced Fresh Petite Bananas and Milk G, F, M | Scrambled Eggs with Whole Grain Bread Slices, Diced Peaches and Milk P, G, F, M | Pumpkin Scones served with Fresh Diced Cantaloupe and Milk G,M, F | Whole Grain Bagels with Strawberry Cream Cheese, Fresh Pineapple and Milk G, F, M |
| Lunch | Chicken & Spinach Noodle Soup with Roasted Fresh Cauliflower and Milk P, G, 2 V, M | Beef Sloppy Joe w/ Shredded Cheddar, Steamed Fresh Broccoli and Milk P, 2V, G, M | Pollack Filets with Vegetable Blend, Brown Rice & Barley Pilaf and Milk G, 2V, P. M | Oven Roast Turkey and Gravy with Mashed Yams, Fresh Roasted Zucchini, Stuffing and Milk P,2V,G,M | Whole Grain Spaghetti and Pink Sauce with Fresh Spinach Salad, Lima Beans and Milk P, 2V, G, M |
| Vegetarian Option | Vegetable, Spinach & Bean Noodle Soup with Roasted Fresh Cauliflower and Milk P,2V,G,M | Veggie Joe w/ Shredded Cheddar, Steamed Fresh Broccoli and Milk G,2V,M,P | Veggie Nuggets with Brown Rice & Barley Pilaf, Vegetable Blend and Milk 2V,G,M | Veggie Burger with Mashed Yams, Fresh Roasted Zucchini, Wheat Bread Slice, and Milk 2V,P,M,G | |
| Snack | Rice Cakes w/ Sunflower Butter, Fresh Diced Honeydew Melon and Water F, G, P | Blanched Baby Carrots (raw for Kindergarten), Tomato Basil Tortillas, Ranch Dressing and Water V, F | Pita Triangles with Cinnamon Unsweetened Applesauce and Water G, F | Whole Wheat Crackers served with Fresh Orange Slices and Water F, G | Graham Crackers served with Diced Pears and Water G, F |