



Bridgewater Day Care Fall/Winter Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Pumpkin muffins, milk & raisins	Fruit with yogurt, granola & water	Cereal with fruit slices & milk	Toast, egg & mandarins, milk	Bran muffin, melon slices, milk
Lunch	Vegetable soup with lentils, baked grill cheese sandwich, milk & peaches	Sloppy Joe's, corn salad, milk, & bread pudding	Pizza topped with tomato & hamburger sauce, fresh vegetables, and cheese; seasonal salad, milk and fresh fruit	Chicken casserole with whole wheat noodles, broccoli, bread, milk & peaches	Baked haddock with potatoes, peas, corn, and carrots, bread, milk & zucchini cake
PM Snack	Apple slices with granola, cinnamon & water	Oatmeal cookie, carrot slices & milk	fruit, banana bread & water	Veggie sticks, crackers, & water	Banana, toasted O cereal, & water
Week 2					
AM Snack	Hot cereal, raisins, & milk	Bran muffins, fruit, & milk	Flax tea biscuits, jam, & orange wedges, milk	Fruit, toasted O cereal, & water	Melon, wheat square cereal, & milk
Lunch	Tuna wraps, oven roasted potatoes, broccoli, carrots and celery sticks, milk, & fruit	Beef & barley soup with lentils, green pepper and sweet potato sticks, crackers, milk & spicy raisin dessert	Spaghetti with meatsauce, seasonal salad, bread, milk, & apple sauce or cobbler	Roast pork, potatoes, mixed vegetables, bread, milk & peaches	Lasagna with spinach, caesar salad, bread, milk & pineapple slices
PM Snack	Pumpkin Squares, veggie sticks, & water	Toasted O cereal, fruit & water	Vegetable sticks with tomato, crackers & water	Apple slices, cheese, & water	Cucumber /tortilla bread pinwheels, carrot slices, & water

Note: Homogenized milk is served to children under 24 months all other ages receive 2 %. Breads and crackers are whole wheat or whole grain. Raw vegetables like carrot, celery, turnip, cabbage, sweet potato are substituted with soft vegetable, for infants.



Bridgewater Day Care Fall/Winter Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Fruit, wheat square cereal & milk	Hot cereal, raisins, & milk	Bran muffins, bananas, water	Mini egg and cheese burritos with apple slices and milk	Banana, yogurt and water
Lunch	Tomato soup, baked cheese sandwich, milk & pumpkin bread	Beef Vegetable Noodle Stir Fry, bread, milk & apple crisp	Tandoori chicken, rice and vegetables, bread, milk & peaches	Beef Stew whole wheat bread, milk & fruit cocktail	Chicken Pot Pie, veggie sticks with tomato, bread, milk, & frozen peach dessert
PM Snack	Tuna dip, carrot sticks, crackers & water	Orange wedges, granola bar & water	Yogurt & pear pops, crackers & water	Toasted O cereal, banana slices, & water	Toasted pita wedges, pea butter, sweet potato sticks & water
Week 4					
AM Snack	Oat bran muffins, raisins, & milk	Apples, puffed rice cereal, & water	Fruit muffins, berries & milk	Wheat square cereal, fruit & milk	Fruit muffins, grapes and water
Lunch	Macaroni, cauliflower and cheese casserole, green beans, bread, milk & peaches	Baked chicken, rice, broccoli, cauliflower, carrot, bread, milk & lemon blueberry bread	Fish chowder/ tacos, vegetable salad with sweet potato crackers, milk & carrot cake	Chili with kidney beans, toasted pita bread, veggie salad with tomato, milk & pears	Macaroni hamburger mix, celery, turnip, broccoli sticks, bread, milk & bananas
PM Snack	Oatmeal cranberry cookies veggie sticks, & water	Vegetable sticks, pita wedges, peabutter & water	Flax tea biscuits, jam, bananas, water	Fruit, toasted O cereal, & water	Soft molasses cookies, fruit slices & milk

I have followed the Food and Beverage Criteria to ensure this menu meets the Standards for Food and Nutrition
 Signature: Denise McAuley
 Date: September 22, 2023

