

# LUNCH MENU



Fall/Winter 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
I	Veggie Chicken Nuggets Mac & Cheese Cauliflower Bananas Milk*	Soft Tacos (ground turkey) w/ Black Beans Whole Grain Tortilla Shredded Cheddar Cheese Chopped Lettuce Diced Tomatoes Pineapple Chunks Milk*	Cheese Sandwich on Whole Wheat Bread Tomato Soup Peas & Carrots Apples Milk*	Turkey Burger ♦Veggie Burger w/ Whole Wheat Roll Sweet Potato Fries Oranges Milk*	Whole Wheat Pasta w/ Plain Sauce & Meatballs ♦ Soy Meatballs Shredded Parmesan Italian Green Beans Pears Milk*
II	Scrambled Eggs ♦Vegetarian Baked Beans Whole Grain Pancakes Roasted Red Potatoes Applesauce Milk*	Whole Grain Veggie Lasagna Italian Green Beans Bananas Milk*	Cheese Pizza on Whole Grain Crust Black Olives (on the side) Broccoli Oranges Milk*	Sun-butter & Jelly Sandwich on Whole Wheat Bread Peas & Carrots Pears Milk*	Sloppy Joes (ground turkey) Whole Wheat Roll ♦Vegetarian (Soy) Meatballs ♦Plain Sauce Cauliflower Oranges Milk*
III	Bean & Cheese Quesadilla Cauliflower Pineapples Milk*	Veggie Chicken Nuggets Mac & Cheese Sweet Tater Tots Bananas Milk*	Soft Tacos (ground turkey) w/ Black Beans Whole Grain Tortilla Shredded Cheddar Cheese Chopped Lettuce Diced Tomatoes Pineapple Chunks Milk*	Cheese Sandwich on Whole Wheat Bread Tomato Soup Peas & Carrots Pears Milk*	Baked Haddock ♦Black Beans Brown Rice Broccoli Tropical Fruit Salad (canned) Milk*
IV	Taco Pizza (ground turkey) ♦Cheese Pizza on Whole Grain Crust w/ Cheddar Cheese Black Beans, Chopped Lettuce, Diced Tomatoes, Black Olives (all on the side) Bananas Milk*	Whole Grain Cheese Ravioli w/ Plain Sauce & Meatballs ♦ Soy Meatballs Shredded Parmesan Broccoli Oranges Milk*	Turkey & Cheese on Whole Wheat Bread *Hummus Wrap Italian Green Beans Apples Milk*	Scrambled Eggs ♦Vegetarian Baked Beans Whole Grain Pancakes Roasted Red Potatoes Applesauce Milk*	Chicken w/ Feta Cheese Whole Wheat Grilled Pita ***Chopped Lettuce/ Diced Tomato Greek Dressing Pears Milk*

\*Milk served is whole, non-fat, or soy.

All meat products are chicken or turkey. Sandwiches served on whole wheat bread.

♦ indicates vegetarian alternative

\*\*UBCCC is an Equal Opportunity Provider\*\*

\*\*\* Cooked Vegetables for Infants (12mo+)