

LUNCH MENU



UB Child Care Center

Summer Camp 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
1	Chicken Fingers Mac & Cheese ♦ Whole Wheat Pasta Salad, Balsamic Vinaigrette, Cannellini Beans & Tomatoes Broccoli Honey Dew Milk*	Soft Tacos w/ Ground Turkey Whole Grain Tortilla ♦ Refried Beans Shredded Cheddar Cheese, *** Corn Chopped Lettuce/ Diced Tomato Pineapple Chunks Milk*	Veggie Burger w/ Whole Wheat Roll Sweet Potato Fries Apples Milk*	Field Trip: Bagged Lunch (Sun-butter/Jelly sandwich, Fruit, Vegetable, Snack)	Whole Wheat Macaroni Meat Sauce ♦ Plain Sauce ♦ Vegetarian (Soy) Meatballs Shredded Parmesan *** Green Leaf Salad w/ Balsamic Vinaigrette Pears Milk*
2	Scrambled Eggs ♦ Tofu Roasted Red Potatoes Whole Grain Pancakes Watermelon Milk*	CENTER CLOSED Independence Day	Field Trip: Bagged Lunch (Sun-butter/Jelly sandwich, Fruit, Vegetable, Snack)	Sloppy Joes w/ Whole Wheat Roll ♦ Vegetarian (Soy) Meatballs w/ Sauce Cauliflower Apples Milk*	Bean & Cheese Quesadilla ♦ Bean Quesadilla (no cheese) Corn Muffins Carrots Bananas Milk*
3	Field Trip: Will buy lunch at destination	Chicken Fingers Couscous ♦ Veggie Burger Cauliflower Oranges Milk*	Soft Tacos w/ Refried Beans Whole Grain Tortilla Shredded Cheddar Cheese, *** Corn Chopped Lettuce/ Diced Tomato Pineapple Chunks Milk*	Field Trip: Bagged Lunch (Sun-butter/Jelly sandwich, Fruit, Vegetable, Snack)	Cheese Pizza Black Olives (on the side) Broccoli Strawberry slices Milk*
4	Field Trip: Will buy lunch at destination	Whole Wheat Macaroni Meat Sauce ♦ Plain Sauce ♦ Vegetarian (Soy) Meatballs Shredded Parmesan *** Green Leaf Salad w/ Balsamic Vinaigrette Pears Milk*	Broiled Haddock Brown Rice ♦ Veggie Burgers Green Beans Honey Dew Milk*	Sun-butter & Jelly Sandwich on Whole Wheat Bread * Cheese Sandwich Carrots Watermelon Milk*	Whole Grain Veggie Lasagna w/ Whole Wheat Roll ♦ Whole Wheat Pasta Salad, Balsamic Vinaigrette, Cannellini Beans & Tomatoes Peas Apples Milk*

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

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

♦ indicates vegetarian alternative

* Cheese sandwiches for Infants (12mo+)

UBCCC is an Equal Opportunity Provider

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

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5	Chicken Fingers Mac & Cheese ♦ Whole Wheat Pasta Salad, Balsamic Vinaigrette, Cannellini Beans & Tomatoes Broccoli Honey Dew Milk*	Soft Tacos w/ Ground Turkey Whole Grain Tortilla ♦ Refried Beans Shredded Cheddar Cheese, *** Corn Chopped Lettuce/ Diced Tomato Pineapple Chunks Milk*	Veggie Burger w/ Whole Wheat Roll Sweet Potato Fries Apples Milk*	Field Trip: Bagged Lunch (Sun-butter/Jelly sandwich, Fruit, Vegetable, Snack)	Whole Wheat Macaroni Meat Sauce ♦ Plain Sauce ♦ Vegetarian (Soy) Meatballs Shredded Parmesan *** Green Leaf Salad w/ Balsamic Vinaigrette Pears Milk*
6	Scrambled Eggs ♦ Tofu Roasted Red Potatoes Whole Grain Pancakes Watermelon Milk*	Chicken w/ Hummus Grilled Pita Feta Cheese *** Chopped Lettuce/ Diced Tomato Greek Dressing Cantaloupe Milk*	Field Trip: Bagged Lunch (Sun-butter/Jelly sandwich, Fruit, Vegetable, Snack)	Sloppy Joes w/ Whole Wheat Roll ♦ Vegetarian (Soy) Meatballs w/ Sauce Cauliflower Apples Milk*	Bean & Cheese Quesadilla ♦ Bean Quesadilla (no cheese) Corn Muffins Carrots Bananas Milk*
7	Turkey & Cheddar Cheese Sandwich on Whole Wheat Bread ♦ Sun-Butter & Jelly Sandwich *** Cucumber Slices Honey Dew Milk*	Chicken Fingers Couscous ♦ Veggie Burger Cauliflower Oranges Milk*	Soft Tacos w/ Refried Beans Whole Grain Tortilla Shredded Cheddar Cheese, *** Corn Chopped Lettuce/ Diced Tomato Pineapple Chunks Milk*	Field Trip: <u>Room #7:</u> Bounce Magic *will have bagged lunch* <u>Room #10:</u> Tops Cooking School *will eat at destination*	Cheese Pizza Black Olives (on the side) Broccoli Strawberry slices Milk*
8	Chicken & Cheese Quesadilla ♦ Bean Quesadilla (no cheese) Corn Muffins *** Sweet Red Pepper Slices Bananas Milk*	Whole Wheat Macaroni Meat Sauce ♦ Plain Sauce ♦ Vegetarian (Soy) Meatballs Shredded Parmesan *** Green Leaf Salad w/ Balsamic Vinaigrette Pears Milk*	Broiled Haddock Brown Rice ♦ Veggie Burgers Green Beans Honey Dew Milk*	Field Trip: <u>Room #7:</u> Tops Cooking School *will eat at destination* <u>Room #10:</u> Bounce Magic *will have bagged lunch*	Whole Grain Veggie Lasagna w/ Whole Wheat Roll ♦ Whole Wheat Pasta Salad, Balsamic Vinaigrette, Cannellini Beans & Tomatoes Peas Apples Milk*

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9	Chicken Fingers Mac & Cheese ♦ Whole Wheat Pasta Salad, Balsamic Vinaigrette, Cannellini Beans & Tomatoes Broccoli Honey Dew Milk*	Soft Tacos w/ Ground Turkey Whole Grain Tortilla ♦ Refried Beans Shredded Cheddar Cheese, *** Corn Chopped Lettuce/ Diced Tomato Pineapple Chunks Milk*	Veggie Burger w/ Whole Wheat Roll Sweet Potato Fries Apples Milk*	Grilled Cheese Sandwich on Whole Wheat Bread (Provolone Cheese) ♦ Sun-Butter & Jelly Sandwich Tomato Soup *** Mixed Veggies Bananas Milk*	Whole Wheat Macaroni Meat Sauce ♦ Plain Sauce ♦ Vegetarian (Soy) Meatballs Shredded Parmesan *** Green Leaf Salad w/ Balsamic Vinaigrette Pears Milk*
10	Scrambled Eggs ♦ Tofu Roasted Red Potatoes Whole Grain Pancakes Watermelon Milk*	Chicken w/ Hummus Grilled Pita Feta Cheese *** Chopped Lettuce/ Diced Tomato Greek Dressing Cantaloupe Milk*	Grilled Cheese Sandwich on Whole Wheat Bread (Cheddar Cheese) ♦ Veggie Burger Green Beans Pears Milk*	Sloppy Joes w/ Whole Wheat Roll ♦ Vegetarian (Soy) Meatballs w/ Sauce Cauliflower Apples Milk*	Bean & Cheese Quesadilla ♦ Bean Quesadilla (no cheese) Corn Muffins Carrots Bananas Milk*

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