

LUNCH MENU

Summer/Fall 2017

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----|---|---|--|--|---|
| I | 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* |
| II | 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* |
| III | 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* | Mac & Cheese ♦ Whole Wheat Pasta Salad, Balsamic Vinaigrette, Cannellini Beans & Tomatoes Green Beans Cantaloupe Milk* | Cheese Pizza Black Olives (on the side) Broccoli Strawberry slices Milk* |
| IV | 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* | 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+)