

# LUNCH MENU



Winter/Spring 2018

	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) ♦ Veggie Burger 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 Whole Grain Pancakes Roasted Red Potatoes Applesauce Milk*	Chicken w/ Hummus Grilled Pita Feta Cheese *** Chopped Lettuce/ Diced Tomato Greek Dressing Cantaloupe Milk*	Cheddar Cheese Sandwich on Whole Wheat Bread ♦ Sun-Butter & Jelly Sandwich Minestrone Soup Peas Pears Milk*	Hot Turkey Slices w/ Gravy Corn Stuffing ♦ Veggie Burger Butternut Squash Apples Milk*	Bean & Cheese Quesadilla ♦ Bean Quesadilla (no cheese) Corn Muffins Carrots Cantaloupe Milk*
III	Turkey & Cheddar Cheese Sandwich on Whole Wheat Bread ♦ Sun-Butter & Jelly Sandwich Tomato Soup *** Cucumber Slices Apples Milk*	Chicken Fingers Mac & Cheese ♦ Veggie Burger Cauliflower Oranges Milk*	Soft Tacos w/ Refried Beans Whole Grain Tortilla Shredded Cheddar Cheese, *** Corn Chopped Lettuce/ Diced Tomato Pineapple Chunks Milk*	Turkey Sausage ♦ Tofu Whole Grain Pancakes Roasted Red Potatoes Applesauce Milk*	Cheese Pizza Black Olives (on the side) Broccoli Bananas Milk*
IV	Chicken & Cheese Quesadilla ♦ Bean Quesadilla (no cheese) Corn Muffins Cauliflower 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 Oranges 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+)