

LUNCH MENU



Summer/Fall 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
I	Chicken Nuggets ♦Veggie Nuggets Mac & Cheese Broccoli Apples Milk*	Soft Tacos (ground turkey) w/ Black Beans Whole Grain Tortilla Shredded Cheddar Cheese Chopped Lettuce Diced Tomatoes Tropical Fruit (canned) Milk*	Turkey & Cheese on Whole Wheat Bread ♦Hummus Wrap Peas Oranges Milk*	Whole Wheat Pancakes Turkey Sausage Patties ♦Veggie Sausage Patties Roasted Potatoes Bananas Milk*	Baked Haddock ♦Veggie Burger Whole Wheat Roll Sweet Potato Fries Pineapple Milk*
II	Chicken & Cheese Quesadilla (Whole Wheat Tortilla) ♦ Bean & Cheese Quesadilla Green Beans Oranges Milk*	Whole Grain Cheese Ravioli w/ Chicken Meatballs ♦Soy Meatballs Plain Sauce Shredded Parmesan Cauliflower Cantaloupe Milk*	Cheese Pizza on Whole Grain Crust Black Olives (on the side) Broccoli Tropical Fruit (canned) Milk*	Sloppy Joes (ground turkey) w/ Whole Wheat Roll ♦Soy Meatballs/Plain Sauce Cooked Carrots Apples Milk*	Grilled Cheese on Whole Wheat Bread Tomato Soup Peas & Carrots Bananas Milk*
III	Soy Butter & Jelly on Whole Wheat Bread Cooked Carrots Canned Peaches Milk*	Chicken Nuggets ♦Veggie Nuggets Mac & Cheese Sweet Potato Fries Watermelon Milk*	Soft Tacos (ground turkey) w/ Black Beans Whole Grain Tortilla Shredded Cheddar Cheese Chopped Lettuce Diced Tomatoes Tropical Fruit (canned) Milk*	Baked Haddock ♦Veggie Burger Brown Rice Green Beans Apples Milk*	Whole Wheat Pasta w/ Alfredo Sauce & Chicken ♦Veggie Nuggets Broccoli Oranges Milk*
IV	Grilled Chicken ♦Veggie Nuggets Brown Rice Cauliflower Honey Dew Milk*	Cheese Pizza on Whole Grain Crust Black Olives (on the side) Broccoli Pineapple Milk*	Turkey Burger on Whole Wheat Roll ♦ Veggie Burger Green Beans Apples Milk*	Turkey & Cheese Wrap (Whole Wheat Tortilla) ♦Hummus Wrap Peas Oranges Milk*	Sloppy Joes (ground turkey) w/ Whole Wheat Roll ♦Soy Meatballs/Plain Sauce Sweet Potato Tots Bananas 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