

LUNCH MENU



Winter/Spring 2023-24

	Monday	Tuesday	Wednesday	Thursday	Friday
I	<p>Chicken Tenders ♦Veggie Nuggets Brown Rice Cauliflower Apples Milk*</p>	<p>Soft Tacos (ground turkey) w/ Black Beans Whole Grain Tortilla Shredded Cheddar Cheese Chopped Lettuce Diced Tomatoes Tropical Fruit (canned) Milk*</p>	<p>Whole Wheat Pancakes Turkey Sausage ♦Veggie Sausage Roasted Potatoes Applesauce Milk*</p>	<p>Tuna Sandwich ♦Cheese Sandwich on Whole Wheat Bread Sweet Potato Fries Oranges Milk*</p>	<p>Cheese Pizza on Whole Grain Crust Black Olives (on the side) Broccoli Pineapple (canned) Milk*</p>
II	<p>Goulash (whole wheat elbow macaroni w/ ground turkey & sauce) ♦Soy Meatballs/Plain Sauce Cauliflower Bananas Milk*</p>	<p>Grilled Cheese on Whole Wheat Bread Tomato Soup Peas & Carrots Pears (canned) Milk*</p>	<p>Whole Wheat Penne Pasta w/ Alfredo Sauce & Grilled Chicken ♦Veggie Nuggets Broccoli Apples Milk*</p>	<p>Sloppy Joes (ground turkey) w/ Whole Wheat Roll ♦Soy Meatballs/Plain Sauce Cooked Carrots Oranges Milk*</p>	<p>Hot Turkey w/ Gravy ♦Veggie Burger Whole Wheat Roll Butternut Squash Stuffing Applesauce Milk*</p>
III	<p>Soft Tacos (ground turkey) w/ Refried Beans Whole Grain Tortilla Shredded Cheddar Cheese Chopped Lettuce Diced Tomatoes Tropical Fruit (canned) Milk*</p>	<p>Chicken Tenders ♦Veggie Nuggets Brown Rice Sweet Potato Fries Pears Milk*</p>	<p>Grilled Chicken w/ Gravy & Biscuits ♦Veggie Nuggets Mashed Potatoes Oranges Milk*</p>	<p>Cheese Pizza on Whole Grain Crust Black Olives (on the side) Broccoli Pineapple (canned) Milk*</p>	<p>Soy Butter & Jelly Sandwich on Whole Wheat Bread Cauliflower Apples Milk*</p>
IV	<p>Turkey Burger on Whole Wheat Roll ♦Veggie Burger Green Beans Bananas Milk*</p>	<p>Whole Wheat Penne Pasta w/ Alfredo Sauce & Grilled Chicken ♦Veggie Nuggets Broccoli Pears Milk*</p>	<p>Sloppy Joes (ground turkey) w/ Whole Wheat Roll ♦Soy Meatballs/Plain Sauce Sweet Potato Tots Apples Milk*</p>	<p>Mac & Cheese Whole Wheat Roll Cooked Carrots Peaches (canned) Milk*</p>	<p>Turkey & Cheese Sandwich on Whole Wheat Bread ♦Cheese Sandwich Minestrone Soup Peas Apples Milk*</p>

*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