

UNO CHILD CARE CENTER MENU

Menu 1	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST:					
Bread, Alt. or Cereal	Whole Grain Cereal	Whole Wheat Toast w/Jelly	Whole Grain Bagels	Biscuits	Whole Grain Waffle Stix
Juice, Fruit or Vegetable	Peaches	Diced Pears	Orange Slices	Applesauce	Mixed Fruit
Meat or Meat Alternate			Cream Cheese		
Milk	Milk	Milk	Milk	Milk	Milk
LUNCH:					
Meat or Alternate	Chicken Teriyaki	Beef Marinara	Grilled Cheese	Turkey	WG Breaded Fish Squares
Vegetarian Meat Option	Veggie Chicken	Veggie Crumbles		Veggie Chicken Patty	Veggie Fish Patty
Vegetable	Broccoli	Romaine Lettuce	Tomato Soup	Mashed Potatoes/Gravy	Sweet Potato Fries
2nd Vegetable	Cauliflower	Spinach Salad	Mixed Vegetables	Sliced Carrots	Green Beans
Fruit	Mandarin Oranges	Bananas	Peaches	Apricots	Applesauce
Bread or Bread Alternate	Brown Rice	Whole Wheat Pasta	Whole Wheat Bread	Whole Wheat Roll	Whole Wheat Bun Optional
Milk	Milk	Milk	Milk	Milk	Milk
AFTERNOON SNACK:					
Milk, Fruit , Vegetable,	Fruit Cup	Apples	Milk		Milk
Bread or Bread Alternate	Triscuits		Trail Mix; Cheerios, Kix	WG Saltines	Chocolate Chip Muffins
Meat or Meat Alternate	Strawberries, Canteloupe	Yogurt	Raisins, Choc. Chips	Cheese Cubes	
	Melon				
SPECIAL DIET:					

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Menu 2	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST:					
Bread, Alt. or Cereal	Whole Grain Cereal	Whole Wheat Toast w/Jelly	Whole Grain Bagels	Biscuits	Whole Grain Waffle Stix
Juice, Fruit or Vegetable	Peaches	Diced Pears	Orange Slices	Applesauce	Mixed Fruit
Meat or Meat Alternate			Cream Cheese		
Milk	Milk	Milk	Milk	Milk	Milk
LUNCH:					
Meat or Alternate	Sloppy Joes	Chicken Alfredo	WG Breaded Chicken Patty	Beef & Cheese Tacos	Ham & Cheese
Vegetarian Meat Option	Veggie Crumbles	Veggie Chicken	Veggie Chicken	Veggie Crumbles	Cheese Sandwiches
Vegetable	Steak Fries	Broccoli	Peas	Shredded Lettuce	German Blend; Carrots
2nd Vegetable	Baked Beans	Cauliflower	Carrots	Tomatoes	Green Beans & Wax Beans
Fruit	Bananas	Mandarin Oranges	Apricots	Honey Dew	Diced Pears
Bread or Bread Alternate	Whole Wheat Bun	Whole Wheat Pasta	Whole Wheat Bun Optional	Whole Wheat Soft Tortilla	Whole Wheat Bread
Milk	Milk	Milk	Milk	Milk	Milk
AFTERNOON SNACK:					
Milk, Fruit , Vegetable,	Applesauce	Milk		Apples	Milk
Bread or Bread Alternate	WG Cheese Nip Crackers	Chex Mix; Rice & Corn	WG Tortilla		Cornbread
Meat or Meat Alternate		Craisins, Choc. Chips	Refried Beans & Cheese	Sunbutter	
SPECIAL DIET:					

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Menu 3	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST:					
Bread, Alt. or Cereal	Whole Grain Cereal	Whole Wheat Toast w/Jelly	Whole Grain Bagels	Biscuits	Whole Grain Waffle Stix
Juice, Fruit or Vegetable	Peaches	Diced Pears	Orange Slices	Applesauce	Mixed Fruit
Meat or Meat Alternate			Cream Cheese		
Milk	Milk	Milk	Milk	Milk	Milk
LUNCH:					
Meat or Alternate	Beef Goulash	WG Breaded Chicken Nuggets	Ham	Hamburgers	Turkey Sandwiches
Vegetarian Meat Option	Veggie Crumbles	Veggie Nuggets	Veggie Chicken Patty	Veggie Burger	Cheese Sandwiches
Vegetable	Mixed Vegetables; Corn	Sweet Potato Fries	Corn	Broccoli	Romaine Lettuce
2nd Vegetable	Carrots, Peas, Lima Beans	Green Beans	Red Beans	Carrots	Cucumbers
Fruit	Applesauce	Peaches	Apricots	Cantaloupe	Mandarin Oranges
Bread or Bread Alternate	Whole Wheat Pasta	Whole Wheat Bun Optional	Brown Rice	Whole Wheat Bun	Whole Wheat Bread
Milk	Milk	Milk	Milk	Milk	Milk
AFTERNOON SNACK:					
Milk, Fruit , Vegetable,	Milk	Apples	Apple Juice		Milk
Bread or Bread Alternate	Bananas	WG Goldfish Crackers	Corn Chips & Salsa	WG Animal Crackers	Lemon Muffins
Meat or Meat Alternate			Cheese Tortilla - Tods	Yogurt	
SPECIAL DIET:					

