

LUNCH MENU

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