

MENU

UIC CHILDREN'S CENTER 2017-18 MENU

FALL SEMESTER

WEEK 1

Weeks of October 2nd , October 30th , November 27th , January 8th , February 5th , March 5th , April 2nd , April 30th

CENTER CLOSED FOR WINTER BREAK December 25th-January 5th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Raisin Bread Promise Spread Apple Juice	Rice Krispies 1% Milk	Vanilla Yogurt Granola Blueberries Water	Raisin Bran 1% Milk	Whole Grain Bagels Cream Cheese Fruit Cocktail Water
Lunch	Grilled Chicken Legs Macaroni and Cheese Steamed Broccoli Florets Whole Grain Bread Red Delicious Apples 1% Milk	Turkey & Cheddar Wrap on Whole Grain Tortilla Cucumber Slices Raw Cauliflower Florets Fresh Fruit Salad 1% Milk	Veggie Burger Whole Wheat Bun American Cheese Slices Pickles Vegetable Minestrone Soup Cantaloupe Chunks 1% Milk	Whole Wheat Spaghetti with Marina Sauce on the Side Beef Meatballs on the side Mixed Vegetable Medley Garlic Breadsticks Fresh Pears 1% Milk	Bean & Cheese Burrito Brown Rice Garden Salad w/ carrots and tomatoes Mild Salsa Honeydew Wedges 1% Milk
Afternoon Snack	Cottage Cheese Mandarin Oranges Water	Whole Wheat Crackers Sliced Peaches Water	Soft Pretzels (unsalted) Cream Cheese Pineapple Chunks Water	Blueberry Muffins Grape Juice	Applesauce Graham Crackers Water
Protein Substitute	Hardboiled Egg		3Tsp Soy nut butter Sandwich	2 Cheese Packets	

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WEEK 2

Weeks of October 9th , November 6th , December 4th, January 15th, February 12th, March 12th, April 9th

CENTER CLOSED FOR WINTER BREAK January 1st- 5th

MLK DAY January 15th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Whole Grain-Rich Mini Pancakes Promise Spread Apple Juice	Corn Flakes 1% Milk	Plain Mini Bagels Strawberry Cream Cheese Grape Juice	Whole Grain Cheerios 1% Milk	Vanilla Yogurt Peaches in Light Syrup Water
Lunch	Chicken Tenders BBQ sauce Cooked Spinach Roasted Sweet Potato Cubes Croissants Fresh Fruit Salad 1% Milk	Beef Tacos on Enriched Flour Tortillas Spanish Rice Shredded Lettuce Shredded Cheddar Chopped Tomatoes Raw Cauliflower Florets Mild Salsa Granny Smith Apples 1% Milk	Provolone on Whole Grain-rich bread (Grilled Cheese Sandwich) Red bean & Vegetable Soup Raw Pepper Spears Cantaloupe Wedges 1% Milk	Cheese Ravioli Marinara Sauce on the Side Spinach Salad w/ hardboiled egg slices & tomato wedges Peas Garlic Bread Fresh Pineapple Chunks 1% Milk	Turkey Sloppy Joe Whole Grain Buns Green Beans Tater Tots Pears 1% Milk
Afternoon Snack	Hard-boiled Eggs (shell on) Oranges Water	Red Pepper Hummus Pita Wedges Water	Bananas Graham Crackers Water	Carrot sticks Ranch dressing Pretzel sticks Water	Homemade Trail Mix (Crispix cereal and 2 dried fruits) Pineapple Juice
Protein Substitute	2 Cheese Packets	3Tsp Soy nut butter Sandwich			Hardboiled Egg

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 WEEK 3

Weeks of October 16th, November 13th, December 11th, January 22nd, February 19th, March 19th, April 16th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Biscuits Promise Spread Red Delicious Apples Water	Rice Krispies 1% Milk	Vanilla Yogurt Fruit Cocktail Water	Special K 1% Milk	Waffles Blueberries Water
Lunch	Roasted Herb Chicken Drumsticks Vegetable fried Rice Steamed Zucchini Whole Wheat Dinner Rolls Fresh Pineapple Chunks 1% Milk	Battered Pollack Orzo Pilaf Peas Carrot Sticks Fresh Fruit Salad Whole Wheat Dinner Rolls 1% Milk	Hamburger Whole Wheat Bun Pickles Tomato Slices Broccoli Cheddar Soup Oranges 1% Milk	Eggplant Parmesan w/ mozzarella cheese Tossed Romaine lettuce w/ Cucumber & tomato slices Garlic Bread Bananas 1% Milk	Red Beans with Rice on the side Corn on the Cob Steamed carrot coins Whole Wheat Bread Pears 1% Milk
Afternoon Snack	Raisins Goldfish Crackers Water	Apple Cinnamon Muffins Grape Juice	Raw Pepper Spears French Dressing Cheddar cheese cubes Water	Kiwi Whole Wheat Crackers Water	6" Enriched Flour Tortillas Tortillas Shredded Cheddar Apple Juice
Protein Substitute	2 Cheese Packets	Hardboiled Egg	3Tsp Soy nut butter Sandwich		

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WEEK 4

Weeks of October 23rd, November 20th, December 18th, January 29th, February 26th, March 26th, April 23rd, April 30th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Whole Grain English Muffins Promise Spread Grape Juice	Crispix 1% Milk	Raisin Bagels Cream Cheese Apple Juice	Whole Grain Cheerios 1% Milk	Vanilla Yogurt Granola Mandarin Oranges Water
Lunch	Beef Meatballs in Brown Gravy (2 1oz. meatballs per child) Broccoli Tabbouleh Spinach Salad with Tomatoes & Carrots Golden Apples 1% Milk	Grilled Chicken Stripes Taco salad Black beans Mild Salsa Fresh Fruit Salad 1% Milk	Turkey & Swiss Whole Grain Bread Vegetable Noodle Soup Raw Broccoli Florets Banana 1% Milk	Vegetarian Lasagna Raw Pepper Spears Garlic Breadsticks Fresh Pears 1% Milk	Lemon-Pepper Tilapia Roasted Red Potatoes Cooked Carrot Coins Whole Grain Bread Fruit Cocktail in Light Syrup 1% Milk
Afternoon Snack	Cucumber slices Munster cheese slices Water	Tangerines Whole wheat Crackers Water	Cottage Cheese Peaches Water	Guacamole Pita Wedges Pineapple Juice	Banana Bread Red Delicious Apples Water
Protein Substitute	2 Cheese Packets	Black beans	3Tsp Soy nut butter Sandwich		Hardboiled Egg

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