

**UIC CHILDREN'S CENTER
Fall 2017 MENU**

Week 1
August 21st , September 11th

	MONDAY	TUESDAY^(v)	WEDNESDAY	THURSDAY^(v)	FRIDAY
Morning Snack	Raisin Bread Promise Spread Grape Juice	Corn Flakes Bananas 1% Milk	Cottage Cheese Peaches in Light Syrup Water	Cheerios 1% Milk	Whole Wheat Bagel Cream cheese Apple Juice
Lunch	Pulled BBQ Chicken Sandwich on Whole Wheat Bun Peas Carrot Sticks Fresh Fruit Salad 1% Milk	Provolone on Rye (Grilled Cheese Sandwich) Cucumber Slices Cauliflower Florets Watermelon Slices 1% Milk	Lemon-Pepper Tilapia Orzo Salad Sweet Potato Fries Tomato Wedges Plums 1% Milk	Black Bean Burger Whole Wheat Bun American Cheese Slice Lettuce Tomato Slices Corn on Cob Nectarines 1% Milk	Baked chicken strips on the side Vegetable Stir-Fry (Low Sodium Soy Sauce With Shredded Carrots, Water chestnuts, bell peppers, onions, and Snap Peas) Lo Mein Noodles on the side Pineapple Chunks 1% Milk
Afternoon Snack	Apples String Cheese Water	Fruit Kabobs (Strawberry, Honeydew Melon, Kiwi) Goldfish crackers Water	Raw Pepper Spears French Dressing Cheddar cheese cubes Pineapple Juice	Chopped Seedless Grapes Graham Crackers Water	Cantaloupe Chunks Vanilla Yogurt Water
Protein Substitute	3Tsp Soy Nut Butter Sandwich		Hardboiled Egg		Cheese Packet

Late Afternoon Snack (Monday- Friday served at 5:30pm) **Fresh Fruit, Saltine Crackers, Water**

UIC CHILDREN'S CENTER
Fall 2017 MENU
 Week 2
 August 28th, September 18th

	MONDAY (v)	TUESDAY	WEDNESDAY(v)	THURSDAY	FRIDAY
Morning Snack	Whole Wheat English Muffin Fruit Cocktail Water	Raisin Bran 1% Milk	Waffles Blueberries Promise Spread Pineapple Juice	Rice Krisipies 1% Milk	Vanilla Yogurt Fresh Fruit Salad Water
Lunch	Spinach, Black Bean, & Jack Quesadillas Mild Salsa Spanish Rice Raw Broccoli Fresh Pineapple Slices 1% Milk	Turkey & Cheddar Wrap on Wheat Tortilla Black Bean & Corn Salad Carrot Sticks Cantaloupe Chunks 1% Milk	<u>English Muffin Pizza <i>2per child</i></u> (Whole Wheat English Muffin w/ Pizza Sauce Mozzarella Cheese) Spinach Salad w/ Tomato Wedges Hardboiled egg slices On the side Italian Dressing Raw Pepper Spears Oranges 1% Milk	Tuna Salad (on Whole Wheat Bread with Lettuce) Tomato Wedges Cucumber Slices Apricot 1% Milk	Whole Wheat Pasta Turkey meat sauce on the side Edamame & Corn Raw Cauliflower Whole Wheat Dinner Roll Strawberries 1% Milk
Afternoon Snack	Zucchini Sticks Munster Cheese Ranch Dressing Grape Juice	Deviled Eggs Whole wheat crackers Water	String Cheese Apples Water	Soft Pretzels (unsalted) Cheese Sauce Pineapple Chunks Water	Banana Bread Apple Juice
Protein Substitute		3 Tsp Soy Nut Butter Sandwich		2 Cheese Slices on Whole Wheat Bun	Edamame & Corn

Late Afternoon Snack (**Monday- Friday served at 5:30pm**) Fresh Fruit, Saltine Crackers, Water

UIC CHILDREN'S CENTER
Fall 2017 MENU
 Week 3
 September 4th, September 25th
Center closed September 4th for Labor Day

	MONDAY (v)	TUESDAY	WEDNESDAY(v)	THURSDAY	FRIDAY
Morning Snack	Whole Wheat Toast Promise Spread Hardboiled Eggs (shell on) Water	Crispix Cereal 1% Milk	Vanilla Yogurt Strawberries Water	Cheerios 1% Milk	Blueberry Muffins Apple Juice
Lunch	Vegetarian Lasagna (w/ Eggplant & Zucchini) Tossed Salad with Cucumber & Tomato Garlic Bread Fresh Pears 1% Milk	Fish Patty Whole Wheat Bun Corn on the Cob Raw Green Pepper Spears Cantaloupe Wedges 1% Milk	Cheese & Bean Burrito (flour tortilla with lettuce and cheese) Brown Rice Tomato Wedges Celery Sticks Mild Salsa Peaches 1% Milk	Chicken Patty with Romaine Lettuce Whole Wheat Buns Zucchini Sticks Tomato Slices Watermelon Wedges 1% Milk	Marinated Chicken Strips Southwest Salad (lettuce, black beans, corn, cheddar cheese) Carrot Sticks Whole Wheat Dinner Rolls Fresh Pears 1% Milk
Afternoon Snack	Red Delicious Apples Soy Butter Water	Sliced Cucumbers French Dressing Saltine Crackers Water	English Muffins American Cheese Slices Water	Honeydew Chunks Oyster Crackers Water	Applesauce Graham Crackers Water
Protein Substitute		Cheese packet		Hardboiled Eggs	1/3 cup Low-fat cottage cheese

Late Afternoon Snack (Monday- Friday served at 5:30pm) **Fresh Fruit, Saltine Crackers, Water**