

UIC CHILDREN'S CENTER

Fall Semester Menu 2019

WEEK 1

Weeks of September 30th , October 28th , November 25th

	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 & Swiss on Rye Bread Vegetarian Minestrone Soup Tomato Slices Oranges 1% Milk	Tuna Noodle Casserole w/carrots & peas Corn on the Cob Whole Wheat Roll Honeydew Wedges 1% Milk	Whole Wheat Spaghetti with Marina Sauce on the Side Turkey Meatballs on the side Mixed Vegetable Medley Fresh Pears 1% Milk	Lemon-Pepper Tilapia Roasted Red Potatoes Green Peas Cucumber Slices Croissants Cantaloupe Chunks 1% Milk
Afternoon Snack	Cottage Cheese Peaches in light syrup Water	Whole Wheat Crackers Chopped Seedless Grapes Water	Soft Pretzels (unsalted) Cheese Sauce Pineapple Chunks Water	Blueberry Muffins Grape Juice	Applesauce Graham Crackers Water
Protein Substitute	Yogurt	3Tsp Soy nut butter Sandwich		2 Cheese Packets	Hardboiled Eggs

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

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FALL SEMESTER MENU 2019**

WEEK 2

Weeks of October 7th , November 4th , December 2nd

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	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 Whole Wheat Rolls Fresh Fruit Salad 1% Milk	Seasoned Shredded Chicken Flour Tortillas Spanish Rice Shredded Lettuce Shredded Cheddar Chopped Tomatoes 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	3 Cheese Lasagna Meat Sauce on the side Tossed Romaine lettuce w/ Cucumber & tomato Peas Bread Sticks Oranges 1% Milk	Turkey Sloppy Joe Whole Grain Buns Green Beans Tater Tots Pineapple Chunks 1% Milk
Afternoon Snack	Deviled Eggs Mandarin Oranges Water	Red Pepper Hummus Whole Wheat Pita Wedges Water	Bananas Graham Crackers Water	Carrot sticks Ranch dressing Saltine Crackers Water	Homemade Trail Mix (Crispix cereal and 2 dried fruits) Water
Protein Substitute	Yogurt	3Tsp Soy nut butter Sandwich		2 Cheese Packets	Hardboiled Egg

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

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WEEK 3

Weeks of October 14th, November 11th, December 9th

	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 Sliced Whole Wheat Bread Fresh Pineapple Chunks 1% Milk	Turkey Chili w/ Beans Corn on the Cob Corn Bread Shredded Cheddar Cheese Fresh Pears 1% Milk	Hamburger Whole Wheat Bun American Cheese Slices Pickles Tomato Slices Broccoli Cheddar Soup Oranges 1% Milk	Eggplant Parmesan w/ mozzarella cheese Tossed Romaine lettuce w/ Cucumber & tomato Garlic Bread Bananas 1% Milk	Turkey Meatloaf Green Beans Mashed Potatoes Gravy on the side Whole Wheat Dinner Roll Cantaloupe Chunks 1% Milk
Afternoon Snack	Raisins Goldfish Crackers Water	6" Enriched Flour Tortillas Shredded Cheddar Grape Juice	Raw Celery Sticks Ranch Dressing Cheddar Cheese Cubes Apple juice	Kiwi Whole Wheat Crackers Water	Apple Cinnamon Muffins Grape Juice
Protein Substitute	2 Cheese Packets	Hardboiled Egg	Cheese Sandwich Sandwich		Yogurt

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

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FALL SEMESTER MENU 2019

WEEK 4

**Weeks of October 21st, November 18th, December 16th
CLOSED November 28 & 29 for Thanksgiving Holiday**

	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	BBQ Chicken Legs Cooked Spinach Baked Sweet Potato Fries Whole Grain Wheat Rolls Golden Apples 1% Milk	Chicken Patty Whole Wheat Bun Sliced Tomato Lettuce Leaf Red Pepper spears Noodle Soup Bananas 1% Milk	Marinated Chicken Strips Southwest Salad (lettuce, black beans, corn, cheddar cheese) Carrot Sticks Rye Bread Fresh Fruit Salad 1% Milk	Beef Meatballs in Brown Gravy (2 1oz. meatballs per child) Broccoli Tabbouleh Spinach Salad with Tomatoes & Carrots Cantaloupe Chunks 1% Milk	Seasoned Red Beans (on the side) Rice Corn on the Cob Cucumber Slices Cornbread Oranges 1% Milk
Afternoon Snack	Cucumber slices Munster cheese slices Water	Tangerines Whole wheat Crackers Water	Cottage Cheese Peaches Water	Spinach Dip Pita Wedges Pineapple Juice	Bran Muffin Red Delicious Apples Water
Protein Substitute	Yogurt	Hardboiled Egg	2 Cheese Packets	3 Tsp Soy nut butter sandwich	

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