

# UIC CHILDREN’S CENTER

## Fall Semester Menu

WEEK 1

Weeks of October 5<sup>th</sup>, October 26<sup>th</sup>, November 16<sup>th</sup>, November 30<sup>th</sup>, December 7<sup>th</sup>

	MONDAY	TUESDAY	WEDNESDAY (v)	THURSDAY	FRIDAY
<b>Morning Snack</b>	Raisin Bread Promise Spread Apple Juice	Rice Krispies 1% Milk	Vanilla Yogurt Granola Blueberries Water	Raisin Bran 1% Milk	Waffles Blueberries Water
<b>Lunch</b>	Beef Meatballs w/Gravy Mashed Potatoes Green Peas Corn on the Cob Honeydew Wedges 1% Milk	Warm Turkey & Cheddar Wrap on Whole Grain-Rich Tortilla Vegetable Minestrone Soup Cucumber Slices Fresh Fruit Salad 1% Milk	Veggie Burger on Whole Grain-Rich Bun Sweet Potato Fries American Cheese Slices Celery Sticks Pickles Cantaloupe Chunks 1% Milk	Whole Grain-Rich Spaghetti with Marina Meat Sauce on the side Mixed Vegetable Medley Garlic Breadsticks Oranges 1% Milk	Grilled Chicken Legs Macaroni and Cheese Steamed Broccoli Florets Whole Grain-Rich Bread Red Delicious Apples 1% Milk
<b>Afternoon Snack</b>	Spinach Dip Whole Grain-Rich Pita Wedges Water	Whole Wheat Crackers Sliced Peaches in Light Syrup Water	Soft Pretzels (unsalted) Cheese Sauce Pineapple Chunks Water	Blueberry Muffins Grape Juice	Applesauce Graham Crackers Water
<b>Protein Substitute</b>	<b>Hardboiled Egg</b>	<b>3Tsp Soy nut butter Sandwich</b>		<b>2 Cheese Packets</b>	<b>¼ cup of Yogurt</b>

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

FALL SEMESTER MENU

WEEK 2

Weeks of October 12<sup>th</sup>, November 2<sup>nd</sup>, November 23<sup>rd</sup>, December 14<sup>th</sup>,

**CENTER CLOSED NOV 3<sup>rd</sup> FOR ELECTION DAY, NOV 25<sup>th</sup> FOR PD, NOV 26<sup>th</sup> & 27<sup>th</sup> FOR THANKSGIVING HOLIDAY**

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

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

**UIC CHILDREN’S CENTER  
FALL SEMESTER MENU**

WEEK 3

**Weeks of October 19<sup>th</sup>, November 9<sup>th</sup>,**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY (v)</b>	<b>FRIDAY</b>
<b>Morning Snack</b>	Biscuits Promise Spread Red Delicious Apples Water	Rice Krispies 1% Milk	Vanilla Yogurt Fruit Cocktail Water	Special K 1% Milk	Oatmeal Raisins Water
<b>Lunch</b>	Roasted Herb Chicken Drumsticks Vegetable fried Rice Steamed Zucchini Whole Grain-Rich Bread+ Fresh Pineapple Chunks 1% Milk	Battered Pollack Orzo Pilaf Peas Carrot Sticks Fresh Fruit Salad Whole Grain-Rich Dinner Rolls 1% Milk	Hamburger Whole Grain-Rich Bun American Cheese slices Pickles Tomato Slices Broccoli Cheddar Soup Oranges 1% Milk	Eggplant Parmesan w/ mozzarella cheese Tossed Romaine lettuce w/ Cucumber & tomato slices Mixed Vegetable Medley Garlic Bread Bananas 1% Milk	3 Bean Chili Corn on the Cob Cornbread Carrot Sticks Shredded Cheddar Cheese Pears 1% Milk
<b>Afternoon Snack</b>	6” Whole Grain-Rich Tortillas Shredded Cheddar Apple Juice	Raisins Goldfish Crackers Water	Cucumber Slices Ranch Dressing Cheddar cheese cubes Water	Kiwi Whole Grain-Rich Crackers Water	Apple Cinnamon Muffins Grape Juice
<b>Protein Substitute</b>	<b>2 Cheese Packets</b>	<b>Hardboiled Egg</b>	<b>Cheese Sandwich (2 slices of cheese)</b>		<b>¼ Cup of Yogurt</b>

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<b>Lunch</b>	Beef Meatballs w/ gravy Mashed Potatoes Green Peas Corn on the Cob Honeydew Wedges 1% Milk	Warm Turkey & Cheddar Wrap on Whole Grain-Rich Tortilla Vegetable Minestrone Soup Cucumber Slices Fresh Fruit Salad 1% Milk	Veggie Burger on Whole Grain-Rich Bun Sweet Potato Fries American Cheese Slices Celery Sticks Pickles Cantaloupe Chunks 1% Milk	Whole Grain-Rich Spaghetti with Marina Meat Sauce on the side Mixed Vegetable Medley Garlic Breadsticks Oranges 1% Milk	Grilled Chicken Legs Macaroni and Cheese Steamed Broccoli Florets Whole Grain-Rich Bread Red Delicious Apples 1% Milk
<b>Afternoon Snack</b>	Spinach Dip Whole Grain-Rich Pita Wedges Water	Whole Wheat Crackers Sliced Peaches in Light Syrup Water	Soft Pretzels (unsalted) Cheese Sauce Pineapple Chunks Water	Blueberry Muffins Grape Juice	Applesauce Graham Crackers Water
<b>Protein Substitute</b>	<b>Hardboiled Egg</b>	<b>3Tsp Soy nut butter Sandwich</b>		<b>2 Cheese Packets</b>	<b>¼ Cup of Yogurt</b>
Milks Delivered (1/2 gallons)					
Servings					

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<b>Lunch</b>	Chicken Tenders BBQ sauce Cooked Spinach Roasted Sweet Potato Cubes Whole Grain-Rich Rolls Fresh Fruit Salad 1% Milk	Beef Tacos w/ hard shell Tortillas Spanish Rice Celery Sticks Shredded Lettuce Shredded Cheddar Chopped Tomatoes Mild Salsa Granny Smith Apples 1% Milk	2 Slices of Provolone on Whole Grain-rich bread (Grilled Cheese Sandwich) Red bean & Vegetable Soup Raw Pepper Spears Cantaloupe Wedges 1% Milk	3 Cheese baked Ziti Marinara Sauce Spinach Salad w/ hardboiled egg slices tomato & cucumber slices Peas Whole Grain-Rich rolls Fresh Pineapple Chunks 1% Milk	Turkey Sloppy Joe Whole Grain-Rich Buns Green Beans Tater Tots Pears 1% Milk
<b>Afternoon Snack</b>	Hard-boiled Eggs (shell on) Oranges Water	Red Pepper Hummus Whole Wheat Pita Wedges Water	Bananas Graham Crackers Water	Carrot sticks Ranch dressing Pretzel sticks Water	Homemade Trail Mix (Cereal and 2 dried fruits) Pineapple Juice
<b>Protein Substitute</b>	2 Cheese Packets	3Tsp Soy nut butter Sandwich			<b>Hardboiled Egg</b>
Milks Delivered (1/2 gallons)					
Servings					

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<b>Lunch</b>	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 American Cheese slices Pickles Tomato Slices Broccoli Cheddar Soup Oranges 1% Milk	Eggplant Parmesan w/ mozzarella cheese Tossed Romaine lettuce w/ Cucumber & tomato slices Mixed Vegetable Medley Garlic Bread Bananas 1% Milk	3 Bean Chili Corn on the Cob Cornbread Carrot Sticks Shredded Cheddar Cheese Pears 1% Milk
<b>Afternoon Snack</b>	Raisins Goldfish Crackers Water	6” Whole Grain-Rich Tortillas Shredded Cheddar Apple Juice	Raw Pepper Spears French Dressing Cheddar cheese cubes Water	Kiwi Whole Wheat Crackers Water	Apple Cinnamon Muffins Grape Juice
<b>Protein Substitute</b>	<b>2 Cheese Packets</b>	<b>Hardboiled Egg</b>	<b>Cheese Sandwich (2 slices of cheese)</b>		<b>¼ Cup of Yogurt</b>
Milks Delivered (1/2 gallons)					
Servings					