

UIC CHILDREN'S CENTER

**Fall Semester Menu
Finalized October 2023**

WEEK 1

Weeks of October 2nd, October 30th, November 27th

	MONDAY	TUESDAY	WEDNESDAY (v)	THURSDAY	FRIDAY
Breakfast	Raisin Bread Apple Slices 1% Milk	Rice Krispies Bananas 1% Milk	French Toast Sticks Sliced Peaches (in light syrup) 1% Milk	Raisin Bran Apple Slices 1% Milk	Waffles Blueberries 1% Milk
Lunch	Turkey Meatballs w/Gravy Mashed Potatoes Green Peas & Corn Mix Whole Grain-Rich Roll Honeydew Wedges 1% Milk	Veggie Burger on Whole Grain-Rich Bun Sweet Potato Fries American Cheese Slices Pickles Lettuce Tomato Slices Cantaloupe Chunks 1% Milk	Warm Turkey & Cheddar Wrap on Whole Grain-Rich Tortilla Vegetable Minestrone Soup Cucumber Slices Fresh Fruit Salad 1% Milk	Whole Grain-Rich Spaghetti w/ Turkey Meat Sauce on the side Mixed Vegetable Medley Garlic Breadsticks Bananas 1% Milk	Sliced BBQ Chicken Breast Macaroni and Cheese Steamed Broccoli Florets Whole Grain-Rich Bread Red Delicious Apples 1% Milk
Afternoon Snack	Hummus Whole Grain-Rich Pita Wedges Water	Whole Wheat Crackers Kiwi Water	Yogurt Pineapple Chunks Water	Blueberry Muffins Pears Water	Applesauce Graham Crackers Water
Protein Substitute	Hardboiled Egg		¼ cup of yogurt	2 cheese packs	¼ cup of yogurt

Late Afternoon Snack (Monday-Friday at 5:15pm) Fresh Fruit, Crackers, & Water

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WEEK 2

Weeks of October 9th, November 6th, December 4th

	MONDAY	TUESDAY	WEDNESDAY (v)	THURSDAY (v)	FRIDAY
Breakfast	Cinnamon Raisin Bagels Cream Cheese Sliced Grapes 1% Milk	Corn Flakes Bananas 1% Milk	Pancakes Oranges 1% Milk	Whole Grain Cheerios Bananas 1% Milk	Vanilla Yogurt Strawberry Slices 1% Milk
Lunch	Chicken Tenders Cooked Spinach Roasted Sweet Potato Cubes Whole Grain- Rich bread slices Fresh Fruit Salad BBQ sauce 1% Milk	Hard Shell Beef Tacos Spanish Rice Shredded Lettuce Shredded Cheddar Chopped Tomatoes Mild Salsa Granny Smith Apples 1% Milk	2 slices of Cheddar Cheese on Whole Grain-Rich bread (Grilled Cheese Sandwich) Red bean & Vegetable Soup Raw Pepper Spears Cantaloupe Wedges 1% Milk	3 Cheese baked Ziti w/ Turkey Meat Sauce on the side Spinach Salad w/ hardboiled egg slices, tomato & cucumber slices Steamed Squash Whole Grain-Rich rolls Fresh Pineapple Chunks 1% Milk	Turkey Sloppy Joe Whole Grain-Rich Buns Green Beans Tater Tots Pears 1% Milk
Afternoon Snack	Hard-boiled Eggs (shell on) Oranges Water	Whole wheat Crackers Carrot sticks Ranch dressing Water	Graham Crackers Fruit cocktail in Light Syrup Water	Cheese Sticks Mandarin Oranges Water	Homemade Trail Mix (Granola and 2 dried fruits) Water
Protein Substitute	2 cheese packs	3 tsp sunflower butter sandwich		¼ cup of yogurt	Hardboiled egg

Late Afternoon Snack (Monday-Friday at 5:15pm) Fresh Fruit, Crackers, & Water
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WEEK 3

Weeks of October 16th, November 13th, December 11th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY (v)	FRIDAY
Breakfast	Biscuits Promise Spread Red Delicious Apples 1% Milk	Rice Krispies Bananas 1% Milk	Vanilla Yogurt Fruit Cocktail 1% Milk	Special K Oranges 1% Milk	Oatmeal w/cinnamon Raisins 1% Milk
Lunch	Roasted Herb Chicken breast strips Vegetable Fried Rice Steamed Zucchini Whole Grain-Rich Bread slices Cantaloupe Chunks 1% Milk	Battered Pollack Orzo Pilaf Green Peas Fresh Fruit Salad Whole Grain-Rich Dinner Rolls 1% Milk	Hamburger Whole Grain-Rich Bun Broccoli Cheddar Soup American Cheese slices Pickles Tomato Slices Lettuce Pears 1% Milk	Baked Chicken Strips Roasted Red Potatoes Mixed Vegetable Medley Celery Sticks Whole-Grain Rich Rolls Sliced Grapes 1% Milk	Cheese Ravioli w/ Turkey Meat Sauce on the Side Tossed Romaine lettuce w/ Cucumber & tomato slices Steamed Carrots Garlic Bread Sticks Fruit Salad 1% Milk
Afternoon Snack	Raisins Goldfish Crackers Water	6" Flour Tortillas Shredded Cheddar Apple Slices Water	Cucumber Slices Ranch Dressing Cheddar cheese cubes Water	Kiwi Whole Wheat Crackers Water	Apple Cinnamon Muffins Oranges Water
Protein Substitute	2 cheese packs	Hardboiled egg	Cheese sandwich (2 slices of cheese)	Sunflower butter sandwich	¼ cup of yogurt

Late Afternoon Snack (Monday-Friday at 5:15pm) Fresh Fruit, Crackers, & Water

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WEEK 4

Weeks of October 23rd, November 20th, December 18th

CENTER CLOSED November 22nd-24th for the Thanksgiving Holiday

CENTER CLOSED December 22nd for Winter Break

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY (v)	FRIDAY
Breakfast	English Muffin Apple Slices 1% Milk	Whole-Grain Cheerios Bananas 1% Milk	Bagels Strawberry Cream Cheese Fruit Cocktail 1% Milk	Raisin Brand Oranges 1% Milk	Grits w/butter Apple Slices 1% Milk
Lunch	Roasted Turkey w/gravy Mashed Potatoes Green Beans Whole Grain-Rich Bread Slices Pineapple Chunks 1% Milk	Pasta w/ Turkey Meat Sauce on the Side Cucumber Slices Red Apples Whole Grain-Rich Dinner Rolls 1% Milk	Chicken & Cheese Quesadilla Spanish Rice Steamed Broccoli Red Pepper Spears Honeydew Melon Chunks 1% Milk	3 Bean Turkey Chili Corn on the cob Cornbread Shredded Cheddar Cheese Cantaloupe Chunks 1% Milk	Cheese Bagel Pizza (2 per child) Navy Beans Tossed Salad (Romaine Lettuce, Cucumber & Tomato Slices) Fresh Fruit Salad Ranch Dressing 1% Milk
Afternoon Snack	String Cheese Sliced Grapes Water	Cottage Cheese Peaches in light Syrup Water	Wheat Crackers Mandarin Oranges Water	Banana Bread (NO NUTS) Pears Water	Graham Crackers Bananas Water
Protein Substitute	2 Cheese Packs	Hardboiled egg	¼ cup of yogurt	Cheese Sandwich (2 slices of cheese)	¼ cup of yogurt

Late Afternoon Snack (Monday-Friday at 5:15 pm) Fresh Fruit, Crackers, & Water