

Menu for the Month of April 2018

from the UNMCC Kitchen

MEALS		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
BREAKFAST	2	Hashbrowns WW Tortilla Milk	3	Cheerios Strawberries Milk	4	Canadian Bacon/WW English Muffin Pears Milk	5	Malt O Meal Peaches Milk	6	Yogurt Strawberries/Granola Milk
LUNCH		Fish Sticks Broccoli Oranges Tri-Colored Pasta		Lemon Pepper Chicken Breast Squash Applesauce Brown Rice		Pinto Beans Mixed Vegetables Apples Spanish Rice		WW Macaroni & Cheese Broccoli Pineapple		Taco Meat Red Potatoes Oranges WW Tortilla
VEGETARIAN		Lentils		Lemon Pepper Veggie Burger		Pinto Beans		Macaroni & Cheese		Veggie Burger
P.M. SNACK		Hummus WW Crackers		Teddy Grahams Milk		Tri-Colored Pasta Carrot Sticks		Bean Dip Pita Chips		Celery Wow Butter
BREAKFAST	9	Canadian Bacon/WW English Muffin Applesauce Milk	10	Bagel/Cream Cheese Peaches Milk	11	Hashbrowns WW Tortilla Milk	12	Oatmeal Oranges Milk	13	Rice Chex Blueberries Milk
LUNCH		WW Grilled Cheese Tomato Soup Broccoli Bananas		Teriyaki Chicken Breast Green Beans Pineapple WW Roll		WW Beefy Mac Peas Bananas		WW Quesadilla Bell Peppers Apples		Green Chile Beef Stew w/Potato Apricots WW Tortilla
VEGETARIAN		Grilled Cheese		Teriyaki Veggie Burger		Lentils		Quesadilla		Veggie Burger Mac
P.M. SNACK		Wow Butter Animal Crackers		WW Crackers Cheese		Cheez-its Milk		Tri-Colored Pasta Carrot Sticks		Bread Sticks Marinara
BREAKFAST	16	Pancakes Berry Blend Milk	17	WW English Muffin Apples Milk	18	Yogurt Blueberries/Granola Milk	19	Malt O Meal Oranges Milk	20	Rice Chex Strawberries Milk
LUNCH		BBQ Pork Sandwich Broccoli Bananas WW Roll		Teriyaki Chicken Breast w/ WW Noodles Mixed Vegetables Pineapple		WW Macaroni & Cheese Peas Bananas		Beef/Potato Casserole Carrots Apples WW Bread		Chile Beans/Cheese Bell Peppers Oranges WW Tortilla
VEGETARIAN		Hummus		Teriyaki Noodles w/ Tofu		Chile Beans		Veggie Patty/Potato Casserole		Macaroni & Cheese
P.M. SNACK		Fruit Salad WW Crackers		Cucumbers Hummus		Tri-Colored Pasta Mangos		Teddy Grahams Milk		Wow Butter WW Crackers
BREAKFAST	23	Cream of Wheat Peaches Milk	24	WW Tortilla/Canadian Bacon Applesauce Milk	25	Heart to Heart Pineapple/Pears Milk	26	Rice Chex Blueberries Milk	27	WW Toast Apples/Applesauce Milk
LUNCH		Hamburger Patty Tomatoes Oranges WW Bun		Pinto Beans Diced Carrots Strawberries Brown Rice		Green Chile Beef Stew w/Potato Apricots WW Tortilla		Chicken Alfredo Mixed Vegetables Mangos WW Linguine Noodles		Cheese Pizza Bell Peppers Bananas
VEGETARIAN		Veggie Burger		Pinto Beans		Lentils		Veggie Patty w/Alfredo		Cheese Pizza
P.M. SNACK		Wow Butter Apples		Bread Sticks Marinara		Apples Cheese		Animal Crackers Milk		Yogurt Strawberries
BREAKFAST	30	WW Toast/Canadian Bacon Peaches Milk	1	Heart to Heart Strawberries Milk	2	Rice Chex Oranges Milk	3	Biscuit Mangos Milk	4	Cheerios Strawberries Milk
LUNCH		Pinto Beans/Cheese Mixed Vegetables Apples Brown Rice		Chicken Breast Sweet Potatoes Pears WW Bread		BBQ Pork Sandwich Broccoli Apples WW Roll		Meat Sauce Bell Peppers Apricots WW Spaghetti		WW Macaroni & Cheese Peas Pears
VEGETARIAN		Pinto Beans		Lentils		Hummus		Veggie Patty w/Marinara		Macaroni & Cheese
P.M. SNACK		Teddy Grahams Milk		Bananas Milk		Tri-Colored Pasta Carrot Sticks		Pineapple WW Crackers		Yogurt Mixed Berries

Milk is served daily for breakfast

The menu may change as the availability of fruits and vegetables changes