

Menu for the Month of February 2018

from the UNMCC Kitchen

| MEALS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------|--|---|---|--|---|
| BREAKFAST | | | | 1 | 2 |
| | | | | Oatmeal Oranges | Hashbrowns WW Tortilla |
| LUNCH | | | | Milk WW Quesadilla Bell Peppers Apples | Milk WW Beefy Mac Peas Bananas |
| VEGETARIAN | | | | Quesadilla | Veggie Burger Mac |
| P.M. SNACK | | | | Tri-Colored Pasta Carrot Sticks | Bread Sticks Marinara |
| BREAKFAST | 5 | 6 | 7 | 8 | 9 |
| | Pancakes Berry Blend Milk | WW English Muffin Apples Milk | Yogurt Blueberries/Granola Milk | Malt O Meal Oranges | Rice Chex Strawberries |
| LUNCH | BBQ Pork Sandwich Broccoli Bananas WW Roll | Teriyaki Chicken Breast w/ WW Noodles Mixed Vegetables Pineapple | Chile Beans/Cheese Bell Peppers Oranges WW Tortilla | Beef/Potato Casserole Carrots Apples WW Bread | WW Macaroni & Cheese Peas Bananas |
| 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 | 12 | 13 | 14 | 15 | 16 |
| | Cream of Wheat Peaches | WW Tortilla/Canadian Bacon Applesauce | Heart to Heart Pineapple/Pears | Rice Chex Blueberries | WW Toast Apples/Applesauce |
| LUNCH | Milk Hamburger Patty Tomatoes Oranges WW Bun | Milk Pinto Beans Diced Carrots Strawberries Brown Rice | Milk Green Chile Beef Stew w/Potato Apricots WW Tortilla | Milk Chicken Alfredo Mixed Vegetables Mangos WW Linguini Noodles | Milk 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 | 19 | 20 | 21 | 22 | 23 |
| | WW Toast/Canadian Bacon Peaches | Heart to Heart Strawberries | Rice Chex Oranges | Biscuit Mangos | Cheerios Strawberries |
| LUNCH | Milk Pinto Beans/Cheese Mixed Vegetables Apples Brown Rice | Milk Chicken Breast Sweet Potatoes Pears WW Bread | Milk BBQ Pork Sandwich Broccoli Apples WW Roll | Milk Meat Sauce Bell Peppers Apricots WW Spaghetti | Milk 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 | Yogurt Mixed Berries | Pineapple WW Crackers |
| BREAKFAST | 26 | 27 | 28 | 1 | 2 |
| | Hashbrowns WW Tortilla | Cheerios Strawberries | Canadian Bacon/WW English Muffin Pears | Malt O Meal Peaches | Yogurt Strawberries/Granola |
| LUNCH | Milk Fish Sticks Broccoli Oranges Tri-Colored Pasta | Milk Lemon Pepper Chicken Breast Squash Applesauce Brown Rice | Milk Pinto Beans Mixed Vegetables Apples Spanish Rice | Milk WW Macaroni & Cheese Broccoli Pineapple | Milk 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 | Celery Wow Butter | Bean Dip Pita Chips |

Milk is served daily for breakfast

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