

Menu for the Month of May 2018

from the UNMCC Kitchen

MEALS		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
BREAKFAST			1	Heart to Heart Strawberries Milk	2	Rice Chex Oranges Milk	3	Biscuit Mangos Milk	4	Cheerios Strawberries Milk
LUNCH				Chicken Breast Sweet Potatoes Pears WW Bread		Beef/Potato Casserole Broccoli Apples WW Roll		Meat Sauce Bell Peppers Apricots WW Spaghetti		WW Macaroni & Cheese Peas Pears
VEGETARIAN				Lentils		Veggie Patty/Potato Casserole		Veggie Patty w/Marinara		WW Macaroni & Cheese
P.M. SNACK				Bananas Milk		Tri-Colored Pasta Carrot Sticks		Pineapple WW Crackers		Yogurt Mixed Berries
BREAKFAST	7	Hashbrowns WW Tortilla Milk	8	Cheerios Strawberries Milk	9	Canadian Bacon/WW English Muffin Pears Milk	10	Malt O Meal Peaches Milk	11	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 Quesadilla Bell Peppers Apples		Taco Meat Red Potatoes Oranges WW Tortilla
VEGETARIAN		Lentils		Lemon Pepper Veggie Burger		Pinto Beans		Quesadilla		Veggie Burger
P.M. SNACK		Hummus WW Crackers		Teddy Grahams Milk		Tri-Colored Pasta Carrot Sticks		Bean Dip Pita Chips		Celery Wow Butter
BREAKFAST	14	Canadian Bacon/WW English Muffin Applesauce Milk	15	Bagel/Cream Cheese Peaches Milk	16	Hashbrowns WW Tortilla Milk	17	Oatmeal Oranges Milk	18	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 Macaroni & Cheese Broccoli Pineapple		Green Chile Beef Stew w/Potato Apricots WW Tortilla
VEGETARIAN		Grilled Cheese		Teriyaki Veggie Burger		Veggie Burger Mac		WW Macaroni & Cheese		Lentil Stew
P.M. SNACK		Wow Butter Animal Crackers		WW Crackers Cheese		Cheez-its Milk		Tri-Colored Pasta Carrot Sticks		Bread Sticks Marinara
BREAKFAST	21	Pancakes Berry Blend Milk	22	WW English Muffin Apples Milk	23	Yogurt Blueberries/Granola Milk	24	Malt O Meal Oranges Milk	25	Rice Chex Strawberries Milk
LUNCH		Meat Sauce Broccoli Bananas WW Spaghetti		Teriyaki Chicken Breast w/ WW Noodles Mixed Vegetables Pineapple		BBQ Pork Sandwich Peas Bananas WW Roll		Beef/Potato Casserole Carrots Apples WW Bread		Chile Beans/Cheese Bell Peppers Oranges WW Tortilla
VEGETARIAN		Hummus		Teriyaki Noodles w/ Tofu		Hummus		Veggie Patty/Potato Casserole		Chile Beans/Cheese
P.M. SNACK		Fruit Salad WW Crackers		Cucumbers Hummus		Tri-Colored Pasta Mangos		Teddy Grahams Milk		Wow Butter WW Crackers
BREAKFAST	28		29	WW Tortilla/Canadian Bacon Applesauce Milk	30	Heart to Heart Pineapple/Pears Milk	31	Rice Chex Blueberries Milk	1	WW Toast Apples/Applesauce Milk
LUNCH		UNMCC Closed for Memorial Day		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				Pinto Beans		Lentil Stew		Veggie Patty w/Alfredo		Cheese Pizza
P.M. SNACK				Bread Sticks Marinara		Apples Cheese		Animal Crackers Milk		Yogurt Strawberries

Milk is served daily for breakfast

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