

Menu for the Month of October 2018

from the UNMCC Kitchen

MEALS		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
BREAKFAST	1	Canadian Bacon/WW English Muffin Applesauce	2	Bagel/Cream Cheese Peaches	3	Hashbrowns WW Tortilla	4	Oatmeal Oranges	5	Rice Chex Blueberries
LUNCH		Milk WW Grilled Cheese Tomato Soup Broccoli Bananas		Milk Teriyaki Chicken Breast Green Beans Pineapple WW Roll		Milk WW Beefy Mac Peas Bananas		Milk WW Macaroni & Cheese Broccoli Pineapple		Milk Green Chile Beef Stew w/Potato Honey Dew 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		Bread Sticks Marinara		Tri-Colored Pasta Carrot Sticks
BREAKFAST	8	Pancakes Berry Blend	9	WW English Muffin Apples	10	Yogurt Blueberries/Granola	11		12	
LUNCH		Milk Meat Sauce Broccoli Bananas WW Spaghetti		Milk Teriyaki Chicken Breast w/ WW Noodles Mixed Vegetables Pineapple		Milk BBQ Pork Sandwich Peas Bananas WW Roll		UNMCC Closed for Professional Development		UNMCC Closed for Professional Development
VEGETARIAN		Hummus		Teriyaki Noodles w/ Tofu		Hummus				
P.M. SNACK		Fruit Salad WW Crackers		Cucumbers Hummus		Tri-Colored Pasta Mangos				
BREAKFAST	15	Cream of Wheat Peaches	16	WW Tortilla/Canadian Bacon Applesauce	17	Heart to Heart Pineapple/Pears	18	Rice Chex Blueberries	19	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 Sugar Snap Peas Mangos WW Linguine Noodles		Milk Cheese Pizza Bell Peppers Bananas
VEGETARIAN		Veggie Burger		Pinto Beans		Lentil Stew		Veggie Patty w/Alfredo		Cheese Pizza
P.M. SNACK		Wow Butter Apples		Bread Sticks Marinara		Apples Cheese		Animal Crackers Milk		Yogurt Strawberries
BREAKFAST	22	WW Toast/Canadian Bacon Peaches	23	Heart to Heart Strawberries	24	Rice Chex Oranges	25	Biscuit Mangos	26	Cheerios Strawberries
LUNCH		Milk Pinto Beans/Cheese Mixed Vegetables Cantaloupe Brown Rice		Milk Chicken Breast Sweet Potatoes Pears WW Bread		Milk Beef/Potato Casserole Broccoli Apples WW Roll		Milk Meat Sauce Bell Peppers Grapes WW Spaghetti		Milk WW Macaroni & Cheese Peas Pears
VEGETARIAN		Pinto Beans		Lentils		Veggie Patty/Potato Casserole		Veggie Patty w/Marinara		WW Macaroni & Cheese
P.M. SNACK		Pineapple WW Crackers		Teddy Grahams Milk		Tri-Colored Pasta Carrot Sticks		Bean Dip Pita Chips		Yogurt Mixed Berries
BREAKFAST	29	Hashbrowns WW Tortilla	30	Malt O Meal Peaches	31	Canadian Bacon/WW English Muffin Pears	1	Cheerios Strawberries	2	Yogurt Strawberries/Granola
LUNCH		Milk Fish Sticks Broccoli Honey Dew Tri-Colored Pasta		Milk Lemon Pepper Chicken Breast Squash Grapes Brown Rice		Milk WW Quesadilla Bell Peppers Cantaloupe		Milk Pinto Beans Mixed Vegetables Apples Spanish Rice		Milk Taco Meat Red Potatoes Oranges WW Tortilla
VEGETARIAN		Lentils		Lemon Pepper Veggie Burger		Quesadilla		Pinto Beans		Veggie Burger
P.M. SNACK		Hummus WW Crackers		Teddy Grahams Milk		Tri-Colored Pasta Carrot Sticks		Bananas Milk		Bean Dip Pita Chips

Milk is served daily for breakfast

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