

Menu for the Month Of January 2025

from the UNMCC Kitchen

****Featuring Carlos, Rosie, Flo, Jesus, Jack****

MEALS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST			1	2	3
				Cheerios Strawberries	Yogurt w/Granola Mixed Berries
LUNCH				Milk WW Beefy Mac Green Beans Oranges/Apricots	Milk Cheese Pizza Bell Peppers Pineapple
VEGETARIAN				Veggie Beefy Mac	Cheese Pizza
P.M. SNACK				Pita Chips Bean Dip	Carrots Hummus
BREAKFAST	6	7	8	9	10
	Rice Chex Bananas	Pancakes Strawberries	Bagels w/Cream Cheese Mangos	Oatmeal Blueberries	Hash Browns WW Tortilla
LUNCH	Milk Meatloaf Mixed Veggies Grapes Dinner Roll	Milk Fish Rectangles Green Beans Pineapple Tri-Colored Pasta	Milk Chicken Breast Sweet Potatoes Green Apples Brown Rice	Milk Grilled Cheese Broccoli Apricots Tomato Soup	Milk BBQ Pork Peas Peaches WG Hawaiian Slider Roll
VEGETARIAN	Veggie Meat Loaf	Plant Based Fish Fillets	Plant Based Chicken	Grilled Cheese	BBQ Tofu
P.M. SNACK	Apples Teddy Grahams	Yogurt Peaches	Milk Animal Crackers	Pita Chips Avocado	Cheddar Cheese Cubes Grapes
BREAKFAST	13	14	15	16	17
	Rice Chex Strawberries	Waffles Mixed Berries	Biscuits Mangos	Cheerios Bananas	Yogurt w/Granola Strawberries
LUNCH	Milk Hamburgers French Fries Oranges/Apricots WG Slider Bun	Milk Chili Beans w/Cheese Diced Carrots Pears WW Tortilla	Milk Mac & Cheese Broccoli Mixed Fruit	Milk Sloppy Joe Peas Apple Sauce WW Bun	Milk Teriyaki Chicken Green Beans Peaches WW Noodles
VEGETARIAN	Veggie Burger	Chili Beans	Mac & Cheese	Veggie Sloppy Joe	Mac & Cheese
P.M. SNACK	Milk Teddy Grahams	Pineapple WW Crackers	Carrots Hummus	Breadsticks Marinara	Pita Chips Avocado
BREAKFAST	20	21	22	23	24
		English Muffin & Turkey Canadian Bacon Strawberries	Kolaches Oranges/Apricot	Cheerios Blueberries	Cream of Wheat Bananas
LUNCH	UNMCC Closed for Martin Luther King Jr. Day	Milk Shepard's Pie Green Beans Apples Dinner Roll	Milk Pinto Beans Diced Carrots Pears WW Tortillas	Milk BBQ Chicken Mixed Veggies Mangos Brown Rice	Milk Cheese Pizza Bell Peppers Pineapple
VEGETARIAN		Veggie Shepard's Pie	Pinto Beans	BBQ Tofu	Cheese Pizza
P.M. SNACK		WW Crackers Mixed Fruit	Cheese Cubes Grapes	Yogurt Peaches	Milk Animal Crackers
BREAKFAST	27	28	29	30	31
	Bagels w/Cream Cheese Mangos	Rice Chex Strawberries	Yogurt w/Granola Blueberries	Pancakes Mixed Berries	Biscuit Mangos
LUNCH	Milk Baked Ziti Peas Mixed Fruit	Milk WW Quesadilla Bell Peppers Apricots	Milk Green Chile Chicken Enchiladas Squash Apple Sauce	Milk WW Mac and Cheese Broccoli Peaches	Milk Green Chile Stew Diced Carrots Oranges/Apricots WW Tortilla
VEGETARIAN	Veggie Baked Ziti	WW Quesadilla	Plant Based Chicken Enchiladas	WW Mac and Cheese	Lentil Stew
P.M. SNACK	Carrots Hummus	Avocado Pita Chips	Milk Teddy Grahams	WW Crackers Pineapple	Milk Gold Fish

Milk is served daily for breakfast

* Infant menu options include: scrambled egg, banana, multi-grain cereals, cottage cheese, yogurt, applesauce*

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