

Menu for the Month Of July, 2026

from the UNMCC Kitchen

****Featuring Jesus, Jack and Perla****

MEALS		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
BREAKFAST					1	English Muffin Mangos	2	Hashbrowns WW Tortilla	3	
LUNCH						Milk Beefy Mac Peas Peaches		Milk Pinto Beans Carrots Pears Spanish Rice		UNMCC Closed for Independence Day
VEGETARIAN						Veggie Mac		Pinto Beans		
P.M. SNACK						Apples Wow Butter		Pita Chips Avocado		
BREAKFAST	6	French Toast Fresh Blueberries	7	Oatmeal Banana	8	Yogurt w/Granola Mixed Berries	9	Rice Chex Fresh Strawberries	10	Biscuit Mangos
LUNCH		Milk Hamburger Sweet Potatoes Mixed Fruit WG Slider		Milk Fish Rectangles Green Beans Pineapple Tri-Colored Pasta		Milk WW Quesadilla Bell Pepper Peaches		Milk BBQ Pork Peas Watermelon Hawaiian Sliders		Milk Chile Beans w/Cheese Diced Carrots Pears WW Tortilla
VEGETARIAN		Veggie Burger		Lentil Stew w/ Potatoes		WW Quesadilla		BBQ Tofu		Chile Beans w/Cheese
P.M. SNACK		Oranges/Apricots Animal Crackers		WW Crackers Grapes		Green Apples Teddy Grahams		Sun Chips Avocado		Apples Wow Butter
BREAKFAST	13	Bagels w/Cream Cheese Strawberries	14	Oatmeal Blueberries	15	Pancakes Mixed Berries	16	Cheerios Bananas	17	Cheerios Strawberries
LUNCH		Milk Lemon Pepper Chicken Squash Honey Dew Brown Rice		Milk Meat Sauce Bell Peppers Mixed Fruit WW Spaghetti		Milk Grilled Cheese Broccoli Pineapple Tomato Soup		Milk Cheese Pizza Bell Peppers Bananas		Milk Cheese Pizza Bell Peppers Bananas
VEGETARIAN		Lemon Pepper Veggie Patty		Black Bean Spaghetti Sauce		Grilled Cheese		Cheese Pizza		Cheese Pizza
P.M. SNACK		Tri-Colored Pasta Carrots		Green Apples Teddy Grahams		Cucumbers Hummus		WW Crackers Pineapple		WW Crackers Pineapple
BREAKFAST	20	Bran Flakes Bananas	21	Biscuit Mangos	22	Rice Chex Mixed Berries	23	Yogurt w/Granola Fresh Blueberries	24	Hash Brown Tortilla
LUNCH		Milk Baked Ziti Green Beans Apricots		Milk Quesadillas Bell Pepper Peaches		Milk Chicken Green Beans Apple Dinner Roll		Milk Pinto Beans Carrots Pears Brown Rice		Milk Meatloaf Mixed Veggies Pineapple WW Bread
VEGETARIAN		Black bean Veggie Baked Ziti		Quesadillas		Tofu		Pinto Beans		Mac and Cheese
P.M. SNACK		Milk Teddy Grahams		Baby Carrots Hummus		WW Crackers Wow Butter		Bread Sticks Marinara		Sun Chips Avocado
BREAKFAST	27	Pancakes Mixed Berries	28	Bagels w/Cream Cheese Strawberries	29	Hashbrowns WW Tortilla	30	Yogurt w/Granola Fresh Blueberries	31	Cheerios Strawberries
LUNCH		Milk Mac and Cheese Broccoli Mixed Fruit		Milk BBQ Chicken Mashed Potatoes Cantaloupe Dinner Roll		Milk Grilled Cheese Broccoli Pineapple Tomato Soup		Milk Meatloaf Mixed Vegetables Oranges Dinner Roll		Milk Cheese Pizza Bell Peppers Bananas
VEGETARIAN		Mac and Cheese		BBQ Tofu		Grilled Cheese		Veggie Meatloaf		Cheese Pizza
P.M. SNACK		Bananas Teddy Grahams		Pita Chips Bean Dip		Cucumbers Hummus		Green Apples Teddy Grahams		WW Crackers Pineapple

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