

Menu for the Month Of July 2025

from the UNMCC Kitchen

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

MEALS		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
BREAKFAST			1	Waffles Strawberries		2 English Muffin and Turkey Canadian Bacon Oranges/Apricots	3	Cheerios Bananas	4	
LUNCH				Milk Meatloaf Mixed Veggies Grapes Dinner Roll		Milk Pinto Beans Diced Carrots Pears WW Tortilla		Milk Grilled Cheese Broccoli Cantaloupe Tomato Soup		UNM Children's Campus Closed for Independence Day
VEGETARIAN				Veggie Meat Loaf		Pinto Beans		Grilled Cheese		
P.M. SNACK				Yogurt Peaches		Pita Chips Avocado		Sun Chips Cheddar Cheese Sticks		
BREAKFAST	7	Oatmeal Peaches	8	Pancakes Mixed Berries	9	WW Toast Applesauce	10	Cheerios Fresh Blueberries	11	Yogurt w/Granola Fresh Strawberries
LUNCH		Milk Hamburgers Sweet Potatoes Fries Oranges/Apricots WG Slider Bun		Milk Chili Beans w/Cheese Diced Carrots Pears Brown Rice		Milk Mac & Cheese Peas Mixed Fruit		Milk Chicken Fajitas Bell Peppers Pineapple WW Tortillas		Milk BBQ Pork Mixed Veggies Cantaloupe Hawaiian Slider
VEGETARIAN		Veggie Burger		Chili Beans		Mac & Cheese		Chick Pea Fajitas		BBQ Tofu
P.M. SNACK		Milk Teddy Grahams		Breadsticks Marinara		Bananas Wow Butter		Milk Cheez-its		Tri-Colored Pasta Carrots
BREAKFAST	14	Bran Flakes Peaches	15	Biscuits Mangos	16	French Toast Mixed Berries	17	English Muffin Oranges/ Apricots	18	Rice Chex Fresh Strawberries
LUNCH		Milk Grilled Cheese Broccoli Apricots Tomato Soup		Milk Lemon Pepper Chicken Squash Honey Dew Brown Rice		Milk Pinto Beans Mixed Veggies Strawberries WW Tortilla		Milk Chicken Breast Sweet Potatoes Melon Brown Rice		Milk Cheese Pizza Bell Peppers Banana
VEGETARIAN		Grilled Cheese		Lemon Pepper Veggie Burger		Pinto Beans		Black Bean Enchiladas		Cheese Pizza
P.M. SNACK		Pita Chips Bean Dip		Bananas Animal Crackers		Yogurt Peaches		Cucumber Hummus		Pineapple WW Crackers
BREAKFAST	21	Cheerios Strawberries	22	Oatmeal Banana	23	Yogurt w/Granola Mixed Berries	24	Pancakes Fresh Blueberries	25	Hash Browns Tortilla
LUNCH		Milk Mac & Cheese Broccoli Mixed Fruit		Milk Fish Rectangles Green Beans Pineapple Tri-Colored Pasta		Milk WW Quesadilla Bell Pepper Peaches		Milk BBQ Chicken Mixed Veggies Mixed Fruit Dinner Roll		Milk Meat sauce Bell Pepper Watermelon WW Spaghetti
VEGETARIAN		Mac & Cheese		Lentil Bean Stew		WW Quesadilla		BBQ Tofu		Black bean Veggie Meat Sauce
P.M. SNACK		Milk Animal Crackers		WW Crackers Grapes		Apples Teddy Grahams		Sun Chips Avocado		Milk Banana
BREAKFAST	28	French Toast Mixed Berries	29	Rice Chex Strawberries	30	Oatmeal Peaches	31	Biscuit Mangos		
LUNCH		Milk Chicken Breast Mashed Potatoes Mixed Fruit Dinner Roll		Milk Grilled Cheese Broccoli Cantaloupe Tomato Soup		Milk Baked Ziti Green Beans Apricots		Milk Green Chili Chicken Enchiladas Squash Watermelon Spanish Rice		
VEGETARIAN		Tofu		Grilled Cheese		Black bean Veggie Baked Ziti		Black Bean Enchiladas		
P.M. SNACK		Tri-Colored Pasta Carrots		Cucumbers Hummus		Milk Teddy Grahams		Bean Dip Pita Chips		

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