

Menu for the Month Of October, 2026

from the UNMCC Kitchen

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

MEALS		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
BREAKFAST							1	Cheerios Blueberries	2	Bran Flakes Mangos
LUNCH								Milk Chicken Fajitas Cooked Bell Pepper/Onions Strawberries WW Tortilla		Milk Cheese Pizza Squash & Zucchini Bananas
VEGETARIAN								Black Bean Fajitas		Cheese Pizza
P.M. SNACK								Broccoli Hummus		WW Crackers Pineapple
BREAKFAST	5	French Toast Blueberries	6	Oatmeal Strawberries	7	Yogurt w/Granola Mixed Berries	8		9	
LUNCH		Milk Hamburger Sweet Potatoes Mixed Fruit WG Slider		Milk Fish Rectangles Green Beans Pineapple Tri-Colored Pasta		Milk WW Quesadilla Bell Pepper Peaches		UNM CC Closed for Staff Professional Development		UNM CC Closed for Staff Professional Development
VEGETARIAN		Veggie Burger		Lentils		WW Quesadilla				
P.M. SNACK		Pita Chips Bean Dip		Crackers Grapes		Green Apples Teddy Grahams				
BREAKFAST	12	Bagels w/Cream Cheese Strawberries	13	Cheerios Bananas	14	Pancakes Mixed Berries	15	Oatmeal Blueberries	16	Rice Chex Strawberries
LUNCH		Milk Chile Beans w/Cheese Diced Carrots Pears Tortillas		Milk Green Chile Chicken Enchiladas Squash Peaches Spanish Rice		Milk Grilled Cheese Broccoli Pineapple Tomato Soup		Milk BBQ Pork Peas Watermelon Hawaiian Sliders		Milk Cheese Pizza Bell Peppers Bananas
VEGETARIAN		Chile Beans w/Cheese		Bean Enchiladas		Grilled Cheese		BBQ Tofu		Cheese Pizza
P.M. SNACK		Apples Wow Butter		WW Crackers Pineapple		Cucumbers Hummus		Green Apples Teddy Grahams		Sun Chips Avocado
BREAKFAST	19	Bran Flakes Bananas	20	Biscuit Mangos	21	Rice Chex Fresh Blueberries	22	Yogurt w/Granola Mixed Berries	23	Hash Brown Tortilla
LUNCH		Milk Baked Ziti Green Beans Apricots		Milk Quesadillas Bell Pepper Peaches		Milk Chicken Peas 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		Veggie Meatloaf
P.M. SNACK		Milk Teddy Grahams		Baby Carrots Hummus		WW Crackers Wow Butter		Bread Sticks Marinara		Sun Chips Avocado
BREAKFAST	26	Pancakes Mixed Berries	27	Rice Chex Blueberries	28	Bagels w/Cream Cheese Mangos	29	Cheerios Peaches	30	Rice Chex Strawberries
LUNCH		Milk Mac and Cheese Broccoli Mixed Fruit		Milk Lemon Pepper Chicken Squash Oranges/Apricots Brown Rice		Milk Chile Beans w/Cheese Diced Carrots Pears Tortillas		Milk Meat Sauce Zucchini Mixed Fruit WW Spaghetti		Milk Cheese Pizza Bell Peppers Bananas
VEGETARIAN		Mac and Cheese		Lemon Pepper Tofu		Chile Beans w/Cheese		Black Bean Spaghetti Sauce		Cheese Pizza
P.M. SNACK		Bananas Teddy Grahams		Yogurt Strawberries		Apples Wow Butter		Pita Chips Bean Dip		Sun Chips Avocado

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