

UCDC Luncheon Menu Cycle

(Revised December 2014)

	Week 1	Week 2	Week 3	Week 4
Monday	Roast Turkey <u>w/gravy on the side</u> Whole wheat dinner roll Sweet potato wedges California Blend Milk *Veggie baked chicken patty w/ gravy on side	Hamburger on wh.wheat bun, Am. Cheese on the side Baked beans Carrots Milk *Black bean burger on whole wheat bun / soy cheese on side	Ham & Cheese on whole wheat bun Tomato soup Sliced apples Milk (carrots for infants) *Garden burger on wh.wheat bun /soy cheese on the side	Chili w/ ground turkey Whole wheat dinner roll Peas & carrots Banana Milk *Vegetarian Chili
Tuesday	Baked Ziti w/Meat Sauce Tossed salad w/ lettuce , tomatoes &cucumbers Butternut squash Milk *Ziti w/marinara sauce & veggie crumble	Turkey Pinwheels (with turkey & spinach) Carrot & chickpea soup Snap Peas Fresh Melon Salad (applesauce for infants) Milk *Vegan pinwheels (w/ soy cheese and spinach)	Black Bean Lasagna Casserole Honeydew slices Butternut Squash, Milk *Vegan black bean lasagna casserole w/soy cheese, w/out ricotta	Fish Sticks Brown rice w/beans Zucchini sauté Applesauce Milk *Veggie Nuggets
Wednesday	Taco Burger w/ ground turkey on wh wheat bun / sliced cheddar cheese on side Tomato soup Peas & Carrots Milk *Malibu Burger – soy cheese on the side	Chicken Parmesan Orzo w/spinach Green beans Tomato & Cucumber Salad Milk *veggie baked chicken patty with sauce & soy cheese	Chicken Soft Burrito Brown rice w/ beans Peas Applesauce Milk *Vegan soft burrito w/ veggie crumble	Cheese Ravioli w/ meat sauce Broccoli Tossed salad w/ lettuce, tomatoes & cukes, Milk (peas for infants) *Butternut squash ravioli w/plain sauce & veggie crumble
Thursday	Chicken-Broccoli-Rice Casserole (with Brown rice) Green beans Orange slices Milk *vegetarian- broccoli – rice casserole w/tofu	Vegetable Paella w/ Brown Rice, Beans, peas, carrots, diced tomatoes, diced onions. Banana, Broccoli, Milk (Vegetarian meal for all)	Cheese Pizza on whole wheat crust Salad w/ fresh spinach, tomatoes & cucumbers Carrots Milk *Vegan pizza w/soy cheese	Chicken Nuggets Vegetarian Navy Bean Soup Corn meal muffin Honeydew slices Milk *Veggie Nuggets
Friday	Cheese Pizza on whole wheat crust Broccoli Cantaloupe slices (carrots for infants) Milk *Vegan pizza w/soy cheese	Breaded Chicken Tenders Corn meal muffin Sweet potato wedges Peas Milk *Veggie baked chicken patty	Turkey Meatloaf (gravy on side) Couscous Green beans Succotash Milk (green beans for infants) *Veggie baked chicken patty w/gravy on side	Pierogies Diced ham on the side Green beans Orange slices Milk *Vegan potato & onion pierogies, tofurky

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	<p>Hamburger on wh.wheat bun, Am. Cheese on the side Baked beans Carrots Milk *Black bean burger on whole wheat bun / soy cheese on side</p>			
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