

UCDC Luncheon Menu Cycle

(Revised October, 2013)

	Week 1	Week 2	Week 3	Week 4
Monday	Roast Turkey w/gravy Whole wheat dinner roll Sweet potato wedges California Blend Milk *Breaded Vegan Chicken Breast Patty w/ gravy on side	Chicken Nuggets Quinoa Carrots Honey dew slices Milk *Veggie Nuggets	Ham & Cheese on whole wheat bun Tomato soup Orange slices Milk (carrots for infants) *Garden burger on wh.wheat bun /soy cheese on the side	Vegetarian Chili Whole wheat dinner roll Green beans Banana Milk (vegetarian meal for all)
Tuesday	Baked Ziti w/Meat Sauce Tossed salad Peas Milk *Ziti w/marinara sauce & veggie crumble	Hamburger on wh.wheat bun, Am. Cheese on the side Baked beans Sliced apples (peas for infants) Milk *Black bean burger on whole wheat bun / soy cheese on side	Black Bean Lasagna Casserole Cantaloupe Slices Broccoli, Milk (green beans for infants) *Vegan black bean lasagna casserole w/soy cheese, w/out ricotta	Fish Sticks Brown rice w/beans Zucchini sauté Applesauce Milk *Veggie Nuggets
Wednesday	Malibu Burger on wh wheat bun / sliced cheddar cheese on side Tomato soup, Green beans Milk (vegetarian meal for all – add soy cheese for vegans)	Chicken Parmesan Orzo w/spinach Green beans Tomato & cucumber salad Milk *vegan chicken patty with sauce & soy cheese	Chicken Soft Burrito Brown rice w/ beans Peas Apple slices Milk *Vegan soft burrito w/ veggie crumble	Cheese Ravioli w/ meat sauce Carrots Tossed salad *Butternut squash ravioli w/plain sauce & veggie crumble
Thursday	Vegetable stir fry w/ chicken Brown rice Butternut squash Banana Milk *vegetable stir fry w/tofu	Vegetable Paella w/ Brown Rice, Beans, peas, carrots, Dice tomatoes, diced onions. Applesauce, Broccoli Milk (Vegetarian meal for all)	Cheese Pizza on whole wheat crust Tossed salad Carrots Milk *Vegan pizza w/soy cheese	Turkey Pinwheels Carrot & chic pea soup Broccoli Apple slices (applesauce for infants) Milk *Vegan pinwheels
Friday	Cheese Pizza on whole wheat crust Peas & carrots Cantaloupe slices Milk *Vegan pizza w/soy cheese	BBQ Chicken Tenders Corn meal muffin Sweet potato wedges Peas Milk *Veggie baked chicken patty	Turkey Meatloaf w/gravy in pan (no extra gravy on side) Cous cous Butternut squash Succotash Milk *Veggie baked chicken patty w/gravy on side	Pumpkin Pasta Diced ham on the side Peas Honeydew slices Milk Vegan pumpkin pasta w/veggie crumble

UCDC Luncheon Menu Cycle

(Revised October, 2013)

Week 1

Week 2

Week 3

Week 4

--	--	--	--	--