



# University Child Care Menu

## Week of October 22, 2018



### Monday:

**Breakfast:** Oatmeal, Strawberries, Milk (Alternate Milk\*)

**Lunch:** Beef (Cheese) Quesadillas on Flour Tortillas w/ Salsa, Green Salad, Brown Rice, Pineapple, Milk (Alternate Milk\*)

**Snack:** Oranges, WG Ritz Crackers, Milk (Alternate Milk\*)

### Tuesday

**Breakfast:** Corn Chex, Apple Juice, Milk (Alternate Milk\*)

**Lunch:** Turkey (Boca) Burgers w/ Cheese on WG Buns w/ Tomato Slices, Baked Sweet Potato Wedges, Mandarin Oranges, Milk (Alternate Milk\*)

**Snack:** Yogurt w/ Bananas, Milk (Alternate Milk\*)

### Wednesday

**Breakfast:** WG Waffles, Applesauce, Milk (Alternate Milk\*)

**Lunch:** Chicken (Chik'N Strips) Stir-Fry with Broccoli, Rice, Pears, Bread, Milk (Alternate Milk\*)

**Snack:** Animal Crackers, Milk (Alternate Milk\*)

### Thursday

**Breakfast:** Cinnamon WG Toast, Cantaloupe, Milk (Alternate Milk\*)

**Lunch:** English Muffin Pizzas w/ Cheese, Spinach Salad, Cooked Carrots, Peaches, Milk (Alternate Milk\*)

**Snack:** Cucumbers w/ Ranch Dressing, WG Crackers, Milk (Alternate Milk\*)

### Friday (Toucans Field Trip to Hill Ridge Farm)

**Breakfast:** Cheerios, Blueberries, Milk (Alternate Milk)

**Lunch:** Turkey & Cheese (Cheese) Hoagies on WG Buns, Tater Tots, Carrot Sticks, Apple Wedges, Milk (Alternate Milk\*)

**Snack:** WG Fig Newtons, Milk (Alternate Milk\*)

Children under 2 = Whole Milk      Children 2 & Up = 1% Milk

\*Alternate Milks: Soy Milk, Coconut Milk

WG = Whole Grain