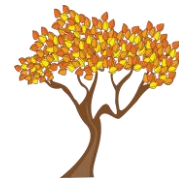




University Child Care Menu



Week of October 16, 2017

October is Farm-to-School month, so this month's menus feature items from North Carolina Growers (in red)

Monday:

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

Lunch: Spaghetti w/ Meat Sauce (no meat, yogurt), Mixed Vegetables, Pears, WG Bread, Milk (Alternate Milk*)

Snack: Oranges, Milk (Alternate Milk*)

Tuesday

Breakfast: Whole Wheat Pancakes, Cinnamon Apples, Milk (Alternate Milk*)

Lunch: Chicken (Chik'N) Patties with Gravy, Mashed Potatoes, **Zucchini** & Tomatoes, Peaches, WG Bread, Milk (Alternate Milk*)

Snack: Carrot Sticks with Spinach Dip, Saltines, Milk (Alternate Milk*)

Wednesday

Breakfast: Rice Chex, Milk (Alternate Milk*), Orange Juice

Lunch: Cheese Quesadillas on Flour Tortillas, Brown Rice Pilaf with Peppers & Onions, Green Salad with **Kale**, Pineapple, Milk (Alternate Milk*)

Snack: WG Pumpkin Bread, Milk (Alternate Milk*)

Thursday

Breakfast: Mini Bagels w/ Jelly, Applesauce, Milk (Alternate Milk*)

Lunch: Turkey Chili w/ White Beans, Cooked Carrots, Mandarin Oranges, Cornbread, Milk (Alternate Milk*)

Snack: Vanilla Yogurt with Strawberries, Milk (Alternate Milk*)

Friday

Breakfast: Cheerios, Bananas, Milk (Alternate Milk)

Lunch: Homemade Chicken Noodle (Vegetable) Soup w/ Carrots & Celery, WG Cheese Toast, Fruit Cocktail, Milk (Alternate Milk*)

Snack: **NC Apples**, Graham Crackers, Milk (Alternate Milk*)

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

*Alternate Milks: Soy Milk, Coconut Milk

WG = Whole Grain