



University Child Care Menu

Week of February 18, 2019



Monday

CLOSED – TEACHER WORKDAY

Tuesday Black History Month – Rachel Cooks a Traditional Southern Lunch

Breakfast: Waffles, Strawberries, Milk (Alternate Milk*)

Lunch: Chicken (Chik’N) & Dumplings, Corn Bread, Cooked Cabbage, Stewed Apples, Milk (Alternate Milk*)

Snack: Hummus, Carrot Sticks, Milk (Alternate Milk*)

Wednesday

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

Lunch: Spaghetti w/ Meat Sauce (No Meat Version), Cooked Carrots, Pineapple, WG Bread, Milk (Alternate Milk*)

Snack: Yogurt with Peaches, Milk (Alternate Milk*)

Thursday

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

Lunch: Turkey (Veggie) Burgers on Whole Grain Buns w/ Cheese, Lettuce & Tomato, Corn-on-the-Cob, Pears, Milk (Alternate Milk*)

Snack: Apples, Vanilla Wafers Milk (Alternate Milk*)

Friday

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

Lunch: Homemade Vegetable Bean Soup, Cheese Toast on English Muffins, Spinach Salad, Applesauce, 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