

University Childcare Center

Sample Menu



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| <p>Breakfast- Strawberry Cereal Bar, Fresh Mixed Fruit, Milk</p> <p>Lunch- Hamburger, Baked Beans, Diced Strawberries, Milk</p> <p>Snack- Chocolate Chip Granola Bar, Craisins, Water</p> | <p>Breakfast- Cheese Toast, Fresh Apple Slices, Milk</p> <p>Lunch- Ham & Swiss Cheese Wrap, Baked Waffle Fries, Mandarin Oranges, Milk</p> <p>Snack- Hummus, Pita Chips, Water</p> | <p>Breakfast- Apple Cinnamon Toasted Oats, Fresh Peaches, Milk</p> <p>Lunch- Grilled Chicken Nuggets, Green Beans, Fresh Apple Slices, Milk</p> <p>Snack- Veggie Straws, Fresh Pineapple, Water</p> | <p>Breakfast- Raisin Bran, Fresh Blueberries, Milk</p> <p>Lunch- Vegetable Spring Rolls, Field Peas, Mixed Berries, Milk</p> <p>Snack- Vanilla Wafers, Bananas, Water</p> | <p>Breakfast- Grits w/Cheese, Diced Pears, Milk</p> <p>Lunch- Blackeye Peas, Diced Carrots, Corn, Fresh Apple Slices, Whole Wheat Roll, Milk</p> <p>Snack- Goldfish, Raisins, Water</p> |
| <p>Breakfast- French Toast Sticks, Mandarin Oranges, Milk</p> <p>Lunch- Teriyaki Chicken & Rice Bake, Broccoli Florets, Pineapple, Milk</p> <p>Snack- Ritz Crackers, Cheese Slices, Water</p> | <p>Breakfast- Blueberry Pancakes, Fresh Mixed Berries, Milk</p> <p>Lunch- Spaghetti w/ Turkey Meatballs, Green Beans, Sliced Peaches, Milk</p> <p>Snack- Veggie Straws, Raisins, Water</p> | <p>Breakfast- Strawberry Yogurt, Whole Grain Granola, Milk</p> <p>Lunch- Cheese Pizza, Corn, Diced Pears, Milk</p> <p>Snack- Animal Crackers, Fresh Strawberries, Water</p> | <p>Breakfast- Whole Grain Toast w/ Apple Butter, Diced Pears, Milk</p> <p>Lunch- Beef Soft Tacos, Black Beans, Pineapples, Milk</p> <p>Snack- Mozzarella String Cheese, Ritz Crackers, Water</p> | <p>Breakfast- Corn Flakes, Fresh Blueberries, Milk</p> <p>Lunch- Turkey & Cheese Wraps, Waffle Fries, Fresh Orange Slices, Milk</p> <p>Snack- Apple Chips, Fresh Blackberries, Water</p> |
| <p>Breakfast- Blueberry Bagels, Cream Cheese, Bananas, Milk</p> <p>Lunch- Sloppy Joes on a Whole Wheat Bun, Green Beans, Fresh Strawberries, Milk</p> <p>Snack- Shortbread Cookies, Apple Slices, Water</p> | <p>Breakfast- Cinnamon Raisin Bread, Applesauce, Milk</p> <p>Lunch- Pepperoni Pizza, Corn, Fresh Peaches, Milk</p> <p>Snack- Whole Grain Cheez-Its, Mandarin Oranges, Water</p> | <p>Breakfast- Frosted Mini Wheats, Fresh Cubed Cantaloupe, Milk</p> <p>Lunch- Grits, Turkey Sausage, Green Beans, Apple Slices, Milk</p> <p>Snack- Celery Sticks w/ Ranch, Crackers, Water</p> | <p>Breakfast- Apple Cinnamon Muffins, Fresh Raspberries, Milk</p> <p>Lunch- Chicken Quesadillas, Black Beans, Fresh Pineapples, Milk</p> <p>Snack- Whole Grain Cheddar Chex Mix, Fresh Orange Slices, Water</p> | <p>Breakfast- Oatmeal w/ Cinnamon, Milk</p> <p>Lunch- BBQ Chicken Sandwiches on Whole Wheat Bun, Pinto Beans, Fresh Strawberries, Milk</p> <p>Snack- Fig Bars, Craisins, Water</p> |
| <p>Breakfast- Waffle Sticks, Fresh Cubed Honeydew, Milk</p> <p>Lunch- Pizza Wraps, Mixed Vegetables, Fresh Tangerine Slices, Milk</p> <p>Snack- Vanilla Wafers, Bananas, Water</p> | <p>Breakfast- Grits w/ Cheese, Fresh Peaches, Milk</p> <p>Lunch- Chicken Alfredo, Broccoli Florets, Diced Pears, Milk</p> <p>Snack- Apple Chips, Fresh Strawberries, Water</p> | <p>Breakfast- Cornflakes, Blueberries, Milk</p> <p>Lunch- Grilled Teriyaki Chicken Strips, Wheat Roll, California Blend Vegetables, Pineapple Tidbits, Milk</p> <p>Snack- Cucumbers, Ritz Crackers, Water</p> | <p>Breakfast- Blueberry Muffins, Fresh Blueberries, Milk</p> <p>Lunch- Ham & Swiss Sliders, Blackeye Peas, Mandarin Oranges, Milk</p> <p>Snack- Blueberry Whole Grain Cereal Bar, Sliced Peaches, Water</p> | <p>Breakfast- Cheese Toast, Fresh Strawberries, Milk</p> <p>Lunch- Grilled Chicken Nuggets, Whole Wheat Roll, Sliced Carrots, Fresh Pineapples, Milk</p> <p>Snack- Strawberry Yogurt Chex Mix, Bananas, Water</p> |
| <p>Breakfast- Hash brown Patties, Applesauce, Milk</p> <p>Lunch- Sun butter & Jelly Sandwich, Green Beans, Diced Pears, Milk</p> <p>Snack- Cream Cheese, Graham Crackers, Water</p> | | | | |

Allergies: Children with specific food allergies will be offered alternative meals and snacks if menu items are not allowed in the child's diet. Please be sure that your child's allergy information is regularly updated using the "Allergy/Food Restriction" form and immediately notify Administration of changes.

Lunches from Home: If you prefer to provide your child with meals and snacks prepared from home, please refer to the "Meal Guidelines" as required by *Bright From the Start*.
Infant Bottles & Baby Food: Infants receiving bottles or baby food will be fed according to the Infant Feeding Plan you provide at enrollment. Please update your child's feeding plan regularly and immediately notify your child's teacher of changes.

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