

UIHC Child Care and Early Education Center Weekly Menu

WEEK A	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cheerios Orange Juice Milk* ●	Belvita Blueberry Breakfast Bars Mandarin Oranges [Sliced Peaches] Milk* ●	Poppy Seed Bread ● # Pineapple Chunks [Banana] Milk* ●	Rice Chex Apple Juice Milk* ●	Soft Mini Bagels with Cream Cheese ● Banana Milk* ●
AM Snack	Whole Wheat Bagel with Strawberry Cream Cheese ● Milk* ●	Goldfish Crackers ● Apple Juice [Milk* ●]	Cottage Cheese ● Sliced Peaches	Strawberry Nutri-Grain Bar ● Milk* ●	Banana Bread ● # Blueberry Greek Yogurt ●
Lunch	Malibu Veggie Burger on Whole Wheat Bun Carrot Coins Sliced Peaches Milk* ●	Fish Fillet ● on Whole Wheat Bun Corn Fresh Cantaloupe Chunks [Applesauce] Milk* ●	Herbed Tomato Pizza ● (3-4 party cut pieces, ~1/7th of whole pizza) Green Beans Applesauce Milk* ●	Baked and Breaded Chicken Fillet ● # Buttered Egg Noodles ● # Peas and Carrots Pineapple Tidbits [Banana] Milk* ●	Macaroni & Cheese ● # California Blend Vegetables Apple Slices [Applesauce] Milk* ●
PM Snack	Apple Slices [Applesauce] Cheddar Cheese ●	Mini Muffins ● # Banana	Strawberry Greek Yogurt ● Graham Crackers	Wheat Thin Crackers Hummus	Animal Crackers Mandarin Oranges [Sliced Peaches]

Substitutions for infants and toddlers are in [...]

* Whole milk is given for infants and toddlers. Older children (2 years+) receive skim milk.

Food Allergens

“●” Item contains milk or milk ingredients

“#” Item contains eggs or egg ingredients

“Δ” Item contains nuts (and/or is produced on equipment that also produces nuts)



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WEEK B	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rice Chex Orange Juice Milk* ●	Belvita Golden Oat Breakfast Bars Applesauce Milk* ●	Cheerios Apple Juice Milk* ●	Soft Mini Bagels with Cream Cheese ● Sliced Peaches Milk* ●	Blueberry Crumb Muffin ● # Banana Milk* ●
AM Snack	Mini Muffins ● # Banana	Cottage Cheese ● Fresh Pineapple Chunks [Graham Crackers]	Poppy Seed Bread ● # Milk* ●	Goldfish Crackers ● Apple Juice [Milk* ●]	Zucchini Bread ● # Milk* ●
Lunch	Homemade Chicken Noodle Soup ● # Whole Wheat Roll Green Beans Sliced Peaches Milk* ●	Cheese Bosco Stick ● with Marinara Dipping Sauce Broccoli Mandarin Oranges [Banana] Milk* ●	Dino Chicken Bites ● Mashed Potatoes ● Mixed Melon Chunks [Applesauce] Milk* ●	Turkey and Cheddar Cheese Sandwich ● on a Whole Wheat Hoagie Roll (Mayonnaise) # Peas Pineapple Tidbits [Banana] Milk* ●	Cheddar Cheese Quesadilla ● Spanish Rice ● Corn Apple Slices [Applesauce] Milk* ●
PM Snack	Chocolate Soy Milk Vanilla Wafers ● #	Soft Pretzel Twist Cheddar Cheese ●	Hummus Assorted Crackers	Wheat Thin Crackers String Cheese ●	Strawberry Greek Yogurt ● Graham Crackers

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