



# UG Fall 2017 CLC Menu Week 1

## BREAKFAST



	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Milk	Milk	Milk	Milk	Milk
Fruit	Mandarin Oranges	Applesauce	Banana	Pears (in juice)	Fresh Fruit Salad
Starch/ Grain	Assorted Cold Cereal	French Toast	Mini Bagels (wheat)	Corn Muffin	Yogurt and Granola
Other		Maple Syrup	Cream Cheese		

## LUNCH

	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Tomato Sauce with Ground Turkey	Chicken Lo Mein	Fish Sticks	Turkey Swedish Meatballs	Chicken Quesadilla
Vegetable	Steamed Cauliflower		Steamed Carrots	Steamed Green Beans	Vegetable Soup
Starch/ Grain	Whole Wheat Pasta		Mashed Potatoes	Elbow Macaroni	
Fruit	Pears (in juice)	Fruit Salad	Fresh Oranges	Fresh Honeydew	Fresh Cantaloupe
Vegetarian Option	Whole Wheat Pasta with Plain Sauce	Vegetable Lo Mein	Vegan Nuggets	Vegetable Burger	Black Bean Quesadilla
Non Dairy Option	Same as Above	Same as Above	Ham Sandwich (SEND HAM AND BREAD SEPARATELY)	Sliced Turkey	BBQ Chicken Wrap, NO Cheese
No Added Gluten	Turkey Burger	Chicken and Rice	Sliced Ham	Sliced Turkey	Grilled Chicken, BBQ Sauce, Black Beans, Cheese

## SNACK

	Monday	Tuesday	Wednesday	Thursday	Friday
Item 1	String Cheese	Pita Wedges	Cucumber and Ranch	Apple Slices	Fig Newton's
Item 2	Fresh Cantaloupe	Hummus	Wheat Crackers	Yogurt	Fresh Oranges

\* All no added gluten meals with be served with rice or potatoes



# UG Fall 2017 CLC Menu Week 2

## BREAKFAST



	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Milk	Milk	Milk	Milk	Milk
Fruit	Apples	Applesauce	Mandarin Oranges	Banana	Fresh Fruit Salad
Starch/ Grain	Assorted Cold Cereal	Pancakes	Yogurt and Granola	Biscuits	Blueberry Muffin
Other		Maple Syrup		Jelly	

## LUNCH

### LUNCH

	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Potato and Cheese Perogies	Turkey and Cheese Panini	Ground Chicken & Cheese Quesadilla	Baked Chicken Breast	Beef Burger
Vegetable	Steamed Carrots	Tomato Rice Soup	Steamed Corn	Steamed Carrots	Steamed Broccoli
Starch/ Grain			Rice	Whole Wheat Penne	
Fruit	Pears (in juice)	Fresh Fruit Salad	Fresh Cantaloupe	Pears (in juice)	Mandarin Oranges
Vegetarian Option	Potato and Cheese Perogies	Cheese, Tomato Panini	Pinto Bean Quesadilla	Baked Tofu	Vegetable Burger
NON Dairy Option	Grilled Chicken Breast Sandwich; Send meat and bread separately	Turkey Panini	Chicken, Bean Quesadilla NO CHEESE	Same As Above	SAME AS ABOVE: SEND BURGER AND ROLL SEPARATE
No Added Gluten	Grilled Chicken Breast	Turkey and Cheese Panini	Ground Chicken and Pinto Beans with Cheese	Same as above, rice instead of penne	Beef Burger NO BUN

### SNACK

	Monday	Tuesday	Wednesday	Thursday	Friday
Item 1	Rice Cakes	Banana	Soft Pretzel	String Cheese	Ritz Crackers, Sliced Cheese
Item 2	Cantaloupe	Vanilla Wafers	Pears (in juice)	Honeydew	Fresh Oranges

\*All no added gluten meals with be served with rice or potatoes





# UG Fall 2016 CLC Menu Week 3

## BREAKFAST



	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Milk	Milk	Milk	Milk	Milk
Fruit	Banana	Applesauce	Fresh Honeydew	Pears (in juice)	Fresh Fruit Salad
Starch/ Grain	Assorted Cold Cereal	French Toast	Mini Bagels (wheat)	Apple Muffin	Yogurt and Granola
Other		Maple Syrup	Cream Cheese		

## LUNCH

	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Grilled Chicken Tenders, BBQ Sauce	Cheese Pizza	Sliced Turkey with Gravy	Cheese Ravioli	Fish Sticks
Vegetable	Steamed Zucchini	Steamed Broccoli	Cucumbers Slices, Ranch Dressing	Steamed Green Beans	Steamed Green Beans
Starch/ Grain	Mashed Sweet Potatoes		Brown rice		Whole Wheat Roll
Fruit	Mandarin Oranges	Fruit Salad	Fresh Orange Wedges	Banana	Sliced Pears (in juice)
Vegetarian Option	Vegetable Burger, BBQ Sauce	Same as above	Stewed Chick Peas	Same as above	Vegan Nuggets
Non Dairy Option	Same as Above: NO SWEET POTATOES	Ham Sandwich: SEND MEAT AND BREAD SEPARATELY	Same As Above	Macaroni and Tomato Sauce	Ham Sandwich (SEND MEAT AND BREAD SEPARATELY)
No Added Gluten	Same as Above	Sliced Ham	Sliced Turkey No Gravy	Sliced Turkey	Sliced Ham

## SNACK

	Monday	Tuesday	Wednesday	Thursday	Friday
Item 1	String Cheese	Graham Crackers	Fresh Apples	Oatmeal Cookies	Gold Fish Crackers
Item 2	Wheat Crackers	Vanilla Yogurt	Fig Newton's	Banana	Fresh Oranges

\* All no added gluten meals will be served with rice or potatoes



# UG Fall 2017 CLC Menu Week 4

## BREAKFAST



	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Milk	Milk	Milk	Milk	Milk
Fruit	Mandarin Oranges	Applesauce	Banana	Pears (in juice)	Fresh Fruit Salad
Starch/ Grain	Assorted Cold Cereal	Pancakes	Mini Bagels (wheat)	Biscuits	Yogurt and Granola
Other		Maple Syrup	Cream Cheese	Jelly	

## LUNCH

	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Turkey Meatballs, Tomato Sauce	Beef Burger	Chicken Parmesan	Cheese Pizza	Baked Chicken Tenders
Vegetable	Steamed Broccoli	Cucumber Slices, Ranch Dressing	Steamed Green Beans	Steamed Carrots	Steamed Corn
Starch/ Grain	Whole Wheat Pasta	Roasted Potato Wedges	Whole Wheat Penne Pasta		Brown Rice
Fruit	Fruit Salad	Orange Wedges	Fresh Honeydew	Mandarin Oranges	Fresh Cantaloupe
Vegetarian Option	Broccoli, Wheat Pasta with Sauce	Vegetable Burger	Eggplant Parmesan	Same as Above	Vegan Nuggets
DAIRY FREE OPTION	Grilled Chicken, Tomato Sauce	Same as Above: Send Burger and Roll Separately	Grilled Chicken and Tomato Sauce	Ham Sandwich: SEND MEAT AND BREAD SEPARATELY	Grilled Chicken Strips
No Added Gluten	Grilled Chicken, Tomato Sauce	Beef Burger No Bun	Grilled Chicken and Tomato Sauce	Sliced Ham	Grilled Chicken Strips

## SNACK

	Monday	Tuesday	Wednesday	Thursday	Friday
Item 1	String Cheese	Graham Crackers	Fresh Apples	Soft Pretzel	Cubed Cheddar
Item 2	Animal Crackers	Yogurt	Gold Fish Crackers	Fresh Honeydew	Saltines

\* All no added gluten meals with be served with rice or potatoes





# UG Fall 2017 CLC Menu Week 5

## BREAKFAST



	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Milk	Milk	Milk	Milk	Milk
Fruit	Pears (in juice)	Applesauce	Banana	Fresh Honeydew	Fresh Fruit Salad
Starch/ Grain	Assorted Cold Cereal	French Toast	Mini Bagels (wheat)	Corn Muffin	Yogurt and Granola
Other		Maple Syrup	Cream Cheese		

## LUNCH

	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Cheese Panini	Chicken Salad	Sliced Roast Turkey with Gravy	Chicken Quesadilla	Cheese Tortellini, Tomato Sauce
Vegetable	White Bean Chili	Caesar Salad	Steamed Peas	Steamed Corn	Steamed Zucchini
Starch/ Grain	Banana	Whole Wheat Dinner Roll	Mashed Potatoes	Rice	Fresh Cantaloupe
Fruit		Fruit Salad	Apples	Fresh Oranges	
Vegetarian Option	Cheese Panini and White Bean Chili	Baked Tofu	Roasted Vegetables	Black Bean Quesadilla	Same as Above
Dairy Free Option	Grilled Chicken	Chicken Salad	Same as Above: NO MASHED POTATOES	BBQ Chicken Wrap NO CHEESE	Whole Wheat Penne with Tomato Sauce. Sliced Turkey
No added Gluten	Grilled Chicken	Chicken Salad	Sliced Turkey, NO gravy	Grilled Chicken, BBQ Sauce, Black Bean, Cheese	Sliced Turkey

## SNACK

	Monday	Tuesday	Wednesday	Thursday	Friday
Item 1	Cucumber and Ranch	Apple Slices	Pita	Rice Krispies Treats	Fig Newton's
Item 2	Wheat Crackers	Yogurt	Hummus	Honeydew	Fresh Oranges*

\* All no added gluten meals with be served with rice or potatoes



# UG Fall 2017 CLC Menu Week 6

## BREAKFAST



	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	Milk	Milk	Milk	Milk	Milk
Fruit	Apples	Mandarin Oranges	Banana	Applesauce	Fresh Fruit Salad
Starch/ Grain	Assorted Cold Cereal	Blueberry Muffin	Mini Bagels (wheat)	Pancakes	Yogurt and Granola
Other			Cream Cheese	Maple Syrup	

## LUNCH

	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée	Cheese Pizza	Mac and Cheese with Chicken (chicken on side)	Turkey Soft Tacos with Cheese (BYO)	Turkey Sandwich on Wheat	BBQ Chicken Tenders
Vegetable	Steamed Broccoli	Steamed Green Beans	Steamed Corn	Vegetable Pot Pie Soup with Rice	Steamed Carrots
Starch/ Grain					Roasted Potato Wedges
Fruit	Fresh Orange Wedges	Fresh Apples	Fruit Salad	Fresh Cantaloupe	Mandarin Oranges
Vegetarian Option	Same as Above	Mac and Cheese	Vegetable Taco	Cheese sandwich	BBQ Chick Peas
Dairy Free Option	Turkey Sandwich: SEND MEAT AND BREAD SEPARATELY	Macaroni with Chicken and Tomato Sauce	Turkey, Vegetable Taco NO CHEESE	Same As Above	Same as Above
No Added Gluten	Sliced Turkey	Diced Chicken	Turkey, Vegetables and Cheese	Sliced Turkey with Rice	Same as Above

## SNACK

	Monday	Tuesday	Wednesday	Thursday	Friday
Item 1	String Cheese	Graham Crackers	Fresh Cantaloupe	Oatmeal Cookies	Soft Pretzel
Item 2	Banana	Yogurt	Gold Fish Crackers	Fresh Oranges *	Fresh Apples *

\* All no added gluten meals with be served with rice or potatoes