

**UIC CHILDREN'S CENTER 2009-2010 MENU
FALL SEMESTER
WEEK 1**

Weeks of September 28, October 26, & November 23

CENTER WILL BE CLOSED ON NOVEMBER 26 & 27 FOR THE THANKSGIVING HOLIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Raisin Bread Fruit Cocktail	Rice Krispies 2% Milk	Apple Muffins Orange Juice	Raisin Bran 2% Milk	Vanilla Yogurt Granola Blueberries
Lunch	BBQ Chicken Drumsticks (2 per child) Peas Sweet Potato Fries Whole Wheat Bread Cantaloupe Chunks 2% Milk	Spaghetti Meat Sauce on the Side Carrot Sticks Green Beans Garlic Breadsticks Fresh Fruit Salad 2% Milk	Spinach & Jack Quesadilla Corn on the Cob Brown Rice Mild Salsa Red Delicious Apples 2% Milk	Garden Burger Whole Wheat Bun Pickles Tomato Slices Broccoli Florets Fresh Pears 2% Milk	Turkey & Cheddar Wrap Vegetable Soup Cucumber Slices Pineapple Chunks 2% Milk
Afternoon Snack	Hard-boiled Eggs (shell on) Oranges	Munster Cheese Slices Pita Wedges Pineapple Juice	Cottage Cheese Mandarin Oranges	Applesauce Graham Crackers Grape Juice	Cranberry Muffins Apple Juice

UIC CHILDREN'S CENTER 2009-2010 MENU
FALL SEMESTER
WEEK 2

Weeks of October 5, November 2, & November 30

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Whole Wheat Bread Apple Juice	Cheerios 2% Milk	Vanilla Yogurt Mandarin Oranges	Corn Flakes 2% Milk	Plain Bagels Strawberry Cream Cheese Grape Juice
Lunch	Korean Chicken (2 drumsticks per child) Jasmine Rice Raw Broccoli Florets Cooked Carrot Coins Granny Smith Apples 2% Milk	Battered Pollack Roasted Red Potatoes Raw Pepper Spears Whole Wheat Dinner Rolls Oranges 2% Milk	Texas-Style Grilled Cheese Sandwich Chicken Corn Chowder Spinach Fresh Pears 2% Milk	Rotini Pasta Meat Sauce on the Side Tossed Salad with Cucumber and Tomato Wedges Garlic Bread Cantaloupe Wedges 2% Milk	Hamburger Whole Wheat Bun Pickles Sliced Tomatoes Cauliflower Applesauce 2% Milk
Afternoon Snack	English Muffins Orange Juice	String Cheese Honeydew Chunks	Banana Peanut Butter Grape Juice	Blueberry Muffins Apple Juice	Cheddar Cubes Saltine Crackers Pineapple Juice

**UIC CHILDREN'S CENTER 2009-2010 MENU
FALL SEMESTER
WEEK 3**

Weeks of October 12, November 9, & December 7

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Whole Wheat Toast Fruit Cocktail	Rice Krispies 2% Milk	Banana Muffins Orange Juice	Special K 2% Milk	Waffles Blueberries
Lunch	Eggplant Parmesan Steamed Corn Tossed Salad with Cucumber and Tomato Wedges Garlic Bread Golden Apples 2% Milk	Turkey & Swiss on Rye Vegetarian Minestrone Raw Broccoli Florets Bananas 2% Milk	Beef Hard Shell Taco Brown Rice Shredded Lettuce Shredded Cheddar Chopped Tomatoes Cucumber Slices Mild Salsa Fresh Pineapple Chunks 2% Milk	Garden Burger Whole Wheat Bun Pickles Tomato Slices Celery Sticks Oranges 2% Milk	Chicken Tenders Mashed Potatoes Gravy on the Side Green Beans Carrot Sticks Honeydew Wedges 2% Milk
Afternoon Snack	Raisins Goldfish Crackers Applesauce	Raw Pepper Spears French Dressing Oyster Crackers	Homemade Trail Mix (Chex and dried fruits) Apple Juice	Soft Pretzels (unsalted) Cream Cheese Pineapple Juice	Cottage Cheese Peaches in Light Syrup

UIC CHILDREN'S CENTER 2009-2010 MENU
FALL SEMESTER
WEEK 4
Weeks of October 19, November 16, & December 14

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	English Muffins Grape Juice	Vanilla Yogurt Granola Blueberries	Cheerios 2% Milk	Raisin Bagels Cream Cheese Apple Juice	Corn Chex 2% Milk
Lunch	Meatballs (2 per child) Gravy on the Side Roasted Red Potatoes Spinach Salad Red Delicious Apples 2% Milk	Tuna Salad Whole Wheat Crackers Tomato Soup Celery Sticks Peaches in Light Syrup 2% Milk	Penne Pasta Meat Sauce on the Side Broccoli Raw Pepper Spears Garlic Breadsticks Fresh Fruit Salad 2% Milk	Sliced Turkey Gravy on the Side Mashed Potatoes Cooked Carrot Coins Rye Bread Banana 2% Milk	Chicken Soft Tacos White Rice Shredded Lettuce Shredded Cheddar Chopped Tomatoes Corn Nibbles Mild Salsa Fresh Pears 2% Milk
Afternoon Snack	6" Tortillas Shredded Cheddar Orange Juice	Hard-boiled Eggs (shell on) Oranges	Cranberry Muffins Apple Juice	Golden Apples Peanut Butter Grape Juice	Munster Cheese Slices Saltine Crackers Pineapple Juice