

**UIC CHILDREN'S CENTER
FALL 2011 MENU**

Week 1
Weeks of August 22 & September 19

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Raisin Bread Apple Juice	Rice Krispies 1% Milk	Whole Wheat Toast Hard-Boiled Eggs (shell on) Apple Juice	Corn Flakes Bananas 1% Milk	Blueberry Muffins Grape Juice
Lunch	Lemon-Baked Chicken Breasts Brown Rice Cooked Carrot Coins Cucumber Slices Watermelon Wedges 1% Milk	Tuna Salad Whole Wheat Crackers Raw Cauliflower Celery Sticks Fresh Peaches 1% Milk	Rotini Pasta Meat Sauce on the side Raw Red Pepper Spears Peas Garlic Breadsticks Pineapple Chunks 1% Milk	Provolone on Rye (Grilled Cheese Sandwich) Tomato Wedges Black Bean & Corn Salad Granny Smith Apples 1% Milk	Turkey Meatloaf Green Beans Mashed Potatoes Gravy on the side Whole Wheat Dinner Rolls Plums 1% Milk
Afternoon Snack	Cottage Cheese Mandarin Oranges	6" Flour Tortillas Shredded Cheddar Pineapple Juice	Banana Muffins Grape Juice	Vanilla Yogurt Fresh Fruit Salad	Red Pepper Hummus Pita Wedges Pineapple Juice

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Week 2
Weeks of August 29 & September 26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	English Muffins Promise Spread Pineapple Juice	Cheerios Bananas 1% Milk	Vanilla Yogurt Granola Blueberries	Special K 1% Milk	Plain Bagels Strawberry Cream Cheese Grape Juice
Lunch	Vegetarian Lasagna Tossed Salad with Cucumber & Tomato Soft Breadsticks Watermelon Wedges 1% Milk	Hamburger Whole Wheat Bun American Cheese Sliced Tomato Pickles Corn on the Cob Nectarines 1% Milk	BBQ Chicken (2 drumsticks or 3 drumettes per child) Baked Sweet Potato Fries Celery Sticks Cornbread Strawberries 1% Milk	Chicken Salad Wrap (on Whole Wheat Tortilla with Lettuce) Tomato Wedges Cucumber Slices Oranges 1% Milk	Spinach, Black Bean, & Jack Quesadillas Mild Salsa Spanish Rice Raw Broccoli Fresh Fruit Salad 1% Milk
Afternoon Snack	Cantaloupe Chunks Graham Crackers	Deviled Eggs Saltine Crackers Grape Juice	Banana Muffins Apple Juice	String Cheese Whole Wheat Crackers Pineapple Juice	Carrot Sticks Ranch Dressing Apple Juice

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Week 3

Week of September 5

CENTER WILL BE CLOSED SEPTEMBER 5TH FOR LABOR DAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Raisin Bread Apple Juice	Rice Chex 1% Milk	Rye Toast Hard-Boiled Eggs (shell on) Pineapple Juice	Raisin Bran 1% Milk	Waffles Applesauce
Lunch	Korean Chicken (2 drumsticks or 3 drumettes per child) Roasted Sweet Potato Wedges Green Beans Wheat Dinner Rolls Fresh Pears 1% Milk	Fish Patty Whole Wheat Bun Corn on the Cob Raw Green Pepper Spears Cantaloupe Wedges 1% Milk	Chicken Tenders Orzo Pilaf Spinach Salad Raw Cauliflower Watermelon Chunks 1% Milk	Turkey & Swiss on Whole Wheat Bread Raw Broccoli Potato Salad Plums 1% Milk	Bow Tie Pasta Meat Sauce on the Side Steamed Zucchini Carrot Sticks Garlic Bread Oranges 1% Milk
Afternoon Snack	Soft Pretzels Cream Cheese Grape Juice	Red Delicious Apples Peanut Butter	Celery Sticks Ranch Dressing Grape Juice	Blueberry Muffins Apple Juice	Honeydew Chunks Oyster Crackers

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Week 4
Week of September 12

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Cottage Cheese Blueberries	Special K w/Berries 1% Milk	Vanilla Yogurt Honeydew Chunks	Corn Flakes Bananas 1% Milk	Biscuits Grape Juice
Lunch	Beef Soft Tacos Jasmine Rice Shredded Lettuce Shredded Cheddar Chopped Tomatoes Mild Salsa Peas Fresh Pears 1% Milk	Chicken Patty Whole Wheat Bun Raw Sugar Snap Peas Cucumber Slices Cantaloupe Wedges 1% Milk	Turkey Meatballs (2 1oz. or 3 .5oz per child) Marinara Sauce on the Side Whole Wheat Penne Cooked Carrot Coins Raw Broccoli Watermelon Wedges 1% Milk	Veggie Burger Whole Wheat Bun American Cheese Sliced Tomato Pickles Corn on the Cob Nectarines 1% Milk	Battered Pollack Macaroni & Cheese Green Beans Raw Cauliflower Oranges 1% Milk
Afternoon Snack	English Muffins Promise Spread Pineapple Juice	Applesauce Graham Crackers	Homemade Trail Mix (Chex & dried fruits) Grape Juice	Raisin Bagels Cream Cheese Pineapple Juice	Banana Muffins Apple Juice