




Union City Day Care-Child Care Food Menu 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		 1-Jan	Breakfast: 2-Jan Cornflakes 1% Unflavored Milk Apple Lunch: Beef Noodle Soup Celery, Carrots, Potatoes 1% Unflavored Milk Peach Snack : Cinnamon Goldfish(Whole Grain) 1% Unflavored Milk	Breakfast: 3-Jan Rice Crisp Cereal 1% Unflavored Milk Banana Lunch: Chicken Sausage Rice/Red Beans Lettuce and Corn 1% Unflavored Milk Orange Snack : Cheez-it (Whole Grain) 100% Apple Juice
Breakfast: 6-Jan Multi Grain Cheerios (Whole Grain) 1% Unflavored Milk Apple Lunch: Turkey Hot Dog Coleslaw and Onion 1% Unflavored Milk Banana Snack : Graham Cracker 1% Unflavored Milk	Breakfast: 7-Jan Corn Muffin(Whole Grain) 1% Unflavored Milk Strawberries Lunch: White Rice with Chicken Stew Lettuce, Tomatoes, and Cucumber Salad 1% Unflavored Milk Peach Snack : Banana 1% Unflavored Milk	Breakfast: 8-Jan Rice Crisp Cereal 1% Unflavored Milk Banana Lunch: Spaghetti with Meatballs Steamed Broccoli with Diced Tomatoes 1 % Unflavored Milk Honeydew Snack : Bug Bites Cracker(Whole Grain) 1% Unflavored Milk	Breakfast: 9-Jan Dinner Rolls with Butter (Whole Grain) 1% Unflavored Milk Peach Lunch: Ground Beef with White Rice Baked Zucchini, Steamed Carrots 1% Unflavored Milk Strawberries Snack : Cheese Sting with Saltine Crackers 100% Apple Juice	 10-Jan
Breakfast: 13-Jan Special-K Cereal 1% Unflavored Milk Apple Lunch: Ham/Turkey Cheese Sandwich(Whole Grain) Lettuce and Tomatoes 1% Unflavored Milk Plum Snack : Upstate Nonfat Yogurt 1% Unflavored Milk	Breakfast: 14-Jan Corn muffin(Whole Grain) 1% Unflavored Milk Banana Lunch: Spanish Rice with Chicken Lettuce, Corn 1% Unflavored Milk Mandarine Snack : Scooby-Doo Crackers 1% Unflavored Milk	Breakfast: 15-Jan Toasted Oats Cereal 1 % Unflavored Milk Strawberries Lunch: Plantain Soup with Crackers, Carrots Pumpkin, Broccoli 1 % Unflavored Milk Cantaloupe Snack : Cheez it (Whole Grain) 100% Apple Juice	Breakfast: 16-Jan Cornflakes 1 % Unflavored Milk Banana Lunch: White Rice with Beef Stew Mix Vegetables (Corn, Peas, Carrots) 1 % Unflavored Milk Oranges Snack : Ritz Crackers (Whole Grain) 100% Apple Juice	Breakfast: 17-Jan Rice Crisp Cereal 1% Unflavored Milk Pear Lunch: Soft Beef Taco/ Shredded Cheese Lettuce and Tomato 1% Unflavored Milk Peach Snack : Animal Crackers Mixed Berry 1% Unflavored Milk
 NO SCHOOL Dr. Martin Luther King, Jr. Day 20-Jan	Breakfast: 21-Jan Rice Crisp Cereal 1% Unflavored Milk Strawberries Lunch: White Rice and Ground Beef Cucumber, Steamed Cauliflower 1% Unflavored Milk Pears Snack : Cheez it (Whole Grain) 1% Unflavored Milk	Breakfast: 22-Jan Whole Grain Dinner Roll with Butter 1% Unflavored Milk Banana Lunch: Lentil Soup with White Rice Carrots, Celery, Pumpkin, 1% Unflavored Milk Apple Snack : Strawberries 1% Unflavored Milk	Breakfast: 23-Jan Multi Grain Cheerios 1% Unflavored Milk Pear Lunch: Spaguettis with Ground Beef Steamed Broccoli 1% Unflavored Milk Mango Snack : Baked Gold Fish Crackers(Whole Grain) 1% Unflavored Milk	Breakfast: 24-Jan Cornflakes 1% Unflavored Milk Banana Lunch: White Rice with Turkey Stew Corn and Tomatoes 1% Unflavored Milk Plum Snack : Graham Cracker (Whole Grain) 1% Unflavored Milk
Breakfast: 27-Jan Special-K Cereal 1% Unflavored Milk Apple Lunch: Turkey Hot Dog Coleslaw and Onion 1% Unflavored Milk Banana Snack : Scooby-Doo Graham Crackers 1% Unflavored Milk	Breakfast: 28-Jan Diner Rolls With Butter(W.G) 1% Unflavored Milk Strawberries Lunch: White Rice with Beef Meatballs Corn And Tomatoes 1% Unflavored Milk Orange Snack : Cinnamon Goldfish 1% Unflavored Milk	Breakfast: 29-Jan Cheerios Multi Grain 1% Unflavored Milk Banana Lunch: Ground Beef with White Rice Broccoli with Carrot diced 1% Unflavored Milk Plum Snack : Banana 1% Unflavored Milk	Breakfast: 30-Jan Corn Muffin Whole Grain 1% Unflavored Milk Pear Lunch: White Rice with Chicken Stew Carrot with Corn 1% Unflavored Milk Mandarine Snack : Bug Bites Crackers 1% Unflavored Milk	Breakfast: 31-Jan Rice Crisp Cereal 1% Unflavored Milk Plum Lunch: Chicken Sausage Rice/Red Beans Tomato/Lettuce 1% Unflavored Milk Apple Snack : Ritz Whole Grain 1% Unflavored Milk