




Union City Day Care-Child Care Food Menu

2024

Monday	Tuesday	Wednesday	Thursday	Friday
				Breakfast: 1-Nov 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: 4-Nov 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: 6-Nov 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: 8-Nov 
Breakfast: 11-Nov 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: 12-Nov 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: 13-Nov 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: 14-Nov 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: 15-Nov 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
Breakfast: 18-Nov Toasted Oats Cereal 1% Unflavored Milk Apple Lunch: Ham/Turkey Cheese Sandwich(Whole Grain) Lettuce and Tomatoes 1% Unflavored Milk Orange Snack : String Cheese with Saltine Crackers 100% Apple Juice	Breakfast: 19-Nov 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: 20-Nov 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: 21-Nov Multi Grain Cheerios 1% Unflavored Milk Pear Lunch: Spaguetitis with Ground Beef Steamed Broccoli 1% Unflavored Milk Mango Snack : Baked Gold Fish Crackers(Whole Grain) 1% Unflavored Milk	Breakfast: 22-Nov 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: 25-Nov 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: 26-Nov 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: 27-Nov 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	