




UNITED COMMUNITY CENTER SCHOOLS

Breakfast/Lunch Menu for August and September 2022

BREAKFAST MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M/MA or Grains Fruit or Veg Milk	**WG Cheerios/Corn Flakes Diced Pears	**WG French Toast Sticks Strawberries K5-String Cheese/Graham Cracker	Egg Patty, **WG Slice Bread Mandarin Orange, Apple Juice K5-Cereal Bar	Yogurt/Graham Cracker Banana	**WG Cheerios/Corn Flakes Diced Peaches
	K5-8th: Apple Juice	K5-8th: Orange Juice	K5-8th: Apple Juice	K5-8th: Orange Juice	K5-8th: Apple Juice
LUNCH MEAL PATTERN					
M/MA Vegetables Fruit Grains Milk			8/24/2022 Chicken Fajitas Vegetarian Beans Pineapple Tidbits *WG Tortilla <i>Condiment: Salsa</i>	8/25/2022 Cheeseburger Potato Wedges/Cucumbers Pears *WG Bun <i>Condiment: Ketchup/Ranch</i>	8/26/2022 **WG Chicken Nuggets Sweet Peas/Baby Carrots Grapes <i>Condiment: Ketchup</i>
M/MA Vegetables Fruit Grains Milk	8/29/2022 Chicken Parmesan Fresh Broccoli/Mixed Veggies Fresh Orange *WG Bun	8/30/2022 Chili con Carne String Cheese/Baby Carrots Pineapple Tidbits **WG Saltine Crackers <i>Condiment: Ranch</i>	8/31/2022 Chicken Alfredo California Blend Mandarin Oranges **WG Pasta <i>Condiment: Ranch</i>	9/1/2022 Turkey Mini Corn Dogs Potato Wedges/Celery Sticks Peaches <i>Condiment: Ketchup/Ranch</i>	9/2/2022 Beef Taco Pinto Beans/Lettuce & Cheese Fresh Apple <i>Condiment: Salsa</i>
M/MA Vegetables Fruit Grains Milk	9/5/2022 Labor Day	9/6/2022 Beef Patty w/Gravy Mashed Potato/Mixed Veggies Grapes *WG Bread <i>Condiment: Ranch</i>	9/7/2022 Ham & Cheese Sandwich Broccoli Cuts/Baby Carrots Banana *WG Bread <i>Condiment: Ranch/Mayo</i>	9/8/2022 Turkey Hot dog Baked Fries/Celery Sticks Apricot *WG Bun <i>Condiment: Ketchup</i>	9/9/2022 Sloppy Joe Sweet Corn/Fresh Broccoli Sliced Pears *WG Bun <i>Condiment: Ranch</i>
M/MA Vegetables Fruit Grains Milk	9/12/2022 **WG Chicken Nuggets Potato Wedges/Cherry Tomatoes Pineapple Tidbits <i>Condiment: Ketchup</i>	9/13/2022 Turkey Meatballs Carrot Coins/Celery Sticks Golden Apple **WG Spaghetti	9/14/2022 Beef Taco Pinto Beans/Lettuce & Cheese Fresh Orange <i>Condiment: Salsa</i>	9/15/2022 Mac & Cheese Broccoli Cuts/Baby Carrots Peaches **WG Saltine Crackers	9/16/2022 Cheese Quesadilla Sweet Corn/Cucumbers Banana *WG Bun <i>Condiment: Ranch</i>
M/MA Vegetables Fruit Grains Milk	9/19/2022 Cheeseburger Baked Fries/Mixed Veggies Fresh Orange *WG Bun <i>Condiment: Ketchup</i>	9/20/2022 Chicken Fajitas Vegetarian Beans Apricot *WG Tortilla <i>Condiment: Salsa</i>	9/21/2022 Meat Sauce Corn Diced Pears **WG Penne Pasta	9/22/2022 Sliced Turkey w/Gravy Mashed Potato/Peas Grapes *WG Slice Bread <i>Condiment: Ranch</i>	9/23/2022 Chicken Patty Carrot Coins/Fresh Broccoli Mandarin Orange *WG Bun <i>Condiment: Ketchup/Ranch</i>
M/MA Vegetables Fruit Grains Milk	9/26/2022 Mozzarella Pizza Sticks Corn/Cucumbers Applesauce <i>Condiment: Marinara Sauce</i>	9/27/2022 Turkey Mini Corn Dogs Sweet Potato Fries/Baby Carrots Banana <i>Condiment: Ketchup</i>	9/28/2022 Bean Tostada Peas/Lettuce/Tomato/Cheese Grapes <i>Condiment: Salsa</i>	9/29/2022 **WG Chicken Nuggets Baked Fries/Green Beans Peaches <i>Condiment: Ketchup</i>	9/30/2022 Professional Day No Student Attendance



*Whole Wheat
 **Whole Grain
 ***All meals include ½ pint of milk. Students may choose 1% low-fat Unflavored or Fat Free Flavored Milk

This Institution is an equal opportunity provider
 Menu subject to change without notice



S. Astorga