



UPC Child Care Programs

Week of Nov 2 – Nov 6, 2009



Monday Nov 2	Tuesday Nov 3	Wednesday Nov 4	Thursday Nov 5	Friday Nov 6 Staff Training- CENTER CLOSED
Breakfast	Breakfast	Breakfast	Breakfast	*Breakfast
Cold Cereal Fresh Seasonal Fruit	Oatmeal Fresh Seasonal Fruit	Griddle Day (Waffles, Pancakes or Baked "French Toast") Fruit Compote	Cold Cereal Fresh Seasonal Fruit	Fruit Bread Fresh Seasonal Fruit
Lunch	Lunch	Lunch	Lunch	Lunch
Cheese Ravioli Green Beans Fresh Seasonal Fruit	Chicken Salad Sandwich Mixed Vegetables Fresh Seasonal Fruit	Macaroni & Cheese Mixed Green Salad Fresh Seasonal Fruit	Tomato & Spinach Pizza Manhattan Blend Veggies Fresh Seasonal Fruit	Meatballs and Brown Rice Mixed Vegetables Fresh Seasonal Fruit
Snack	Snack	Snack	Snack	Snack
Yogurt Crackers Fresh Seasonal Fruit	Bagel w/Cream Cheese Fresh Seasonal Fruit	Mini Bran Muffins Fresh Seasonal Fruit Milk	Graham Crackers Applesauce Milk	Cheese and Mini Pita Bread Fresh Seasonal Fruit

Milk or soy milk will be served at breakfast and lunch. Water is served with snacks.

Fresh seasonal fruit will be served.

Soy cheese and other products will be substituted for dairy items.

Wheat-free or rice crackers will be served as an alternate to wheat-based crackers and

Wheat-free and dairy-free bread will be served in place of wheat bread or other flour-based breads.