



UPC Child Care Programs

Week of Nov 23 – Nov 27, 2009

Monday Nov 23	Tuesday Nov 24	Wednesday Nov 25	Thursday Nov 26-Thanksgiving CENTER CLOSED	Friday Nov 27-USC Holiday 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	Fruit Bread Fresh Seasonal Fruit	Cold Cereal Fresh Seasonal Fruit
Lunch	Lunch	Lunch	*Lunch	*Lunch
Veggie Quesadilla Mixed Vegetables Fresh Seasonal Fruit	Spaghetti & Meatballs Italian Veggies Fresh Seasonal Fruit	Chicken w/Mini Pita Spinach Salad Fresh Seasonal Fruit	Meatballs and Rice Normandy Blend Fresh Seasonal Fruit	Veggie Burgers Peas and Carrots Fresh Seasonal Fruit
Snack	Snack	Snack	Snack	Snack
Graham Crackers Fresh Seasonal Fruit Milk	Yogurt Crackers Fresh Seasonal Fruit	Soft Pretzel Sunflower Seed Butter Fresh Seasonal Fruit Milk	Animal Crackers Fresh Seasonal Fruit Milk	Cheese and Crackers 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.