### Lunch Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| **Breakfast:** 1/3 cup Whole Grain Cheerios, 1/4 cup Fresh banana, 1/4 cup milk  
**Lunch:** 1/2 Cheese Pizza, 1/4 cup Green Salad, 1/4 cup Fresh Sliced Apples, and 1/4 cup Milk  
**PM Snack:** 2 Graham Crackers, 1/4 cup Fresh Sliced Peaches, and Water | **Breakfast:** 2 oz WW English Muffin, 1/2 cup Orange Wedges, 1/4 cups Milk  
**Lunch:** 3 oz Macaroni & Cheese, 1/2 cup Steamed Peas-Carrots, 1/4 cup Honeydew, and 1/4 cups Milk  
**PM Snack:** 1/2 oz Whole Grain Crackers, 1/4 cup Watermelon, and Water | **Breakfast:** 1 Honey Bran Muffin, 1/2 cup Applesauce, 1/4 cup Milk  
**Lunch:** 1/2 Tuna Salad Sandwich on Wheat Bread, 1/4 cup Carrot & Celery Sticks w/ Ranch Dressing, 1/4 cup Red Apple, and 1/4 cup Milk  
**PM Snack:** 1/2 Whole Grain Bagel w/ 1 tsp Cream Cheese, 1/4 cup Sliced Oranges, and Water | **Breakfast:** 1/3 cup Whole Grain Cheerios, 1/4 cup Fresh banana, 1/4 cup Milk  
**Lunch:** 1 BBQ Chicken Sandwich, 1/4 cup Garden Salad, 1 Watermelon Wedge, and 3/4 cup Milk  
**PM Snack:** 2 Ritz Crackers, 1/2 cup Fresh Apple Slices, and Water | **Breakfast:** 1/2 slice Wheat Toast with 1 tsp Fruit Spread, 1/2 cup Banana, 1/4 cup Milk  
**Lunch:** 1/2 Turkey & Cheese Sandwich on Wheat Bread, 1/4 cup Carrot Sticks w/ Ranch Dressing, 1/4 cup Cantaloupe and 1/4 cup Milk  
**PM Snack:** 1/4 Whole Wheat Pretzel, 1/2 cup Mixed Fruit, and Water |
| **Breakfast:** 1/4 cup Cinnamon Oatmeal, 1/4 cup of Banana, 1/4 cup Milk  
**Lunch:** 4 Chicken Nuggets, 1/4 cup Zucchini Sticks, 1/4 cup Orange Slices, and 1/4 cup Milk  
**PM Snack:** 1/4 cup Vanilla Yogurt, 2 Graham Crackers, and Water | **Breakfast:** 1 Pancake w/ 1 tsp Light Syrup, 1/2 cup strawberries, 1/4 cup Milk  
**Lunch:** 4 oz Whole Wheat Spaghetti w/ Turkey Meat Sauce, 1/4 cup Caesar Salad, 1/4 cup Fresh Tangerines, 3/4 cup milk  
**PM Snack:** 1 Honey Bran Muffin, 1/2 cup Melon, Water | **Breakfast:** 1/2 of Whole Grain English Muffin, 1/4 cup of Applesauce, and 1/4 cup Milk  
**Lunch:** 1 Bean & cheese Tostada, 1/4 cup diced tomatoes and shredded lettuce, 1/4 cup Pears, and 3/4 cup Milk  
**PM Snack:** 1 oz. Cottage Cheese, 1/4 cup Pineapple Chunks, and Water | **Breakfast:** 1/2 slice Wheat Toast with 1 tsp Fruit Spread, 1/2 cup Banana, 1/4 cup Milk  
**Lunch:** 4 Fish Stars, 1/2 Wheat Roll, 1/4 cup Corn Fiesta Salad, 1/4 cup Honeydew, 1/4 cup Milk  
**PM Snack:** 1/4 cup Hummus Dip, 2 Wheatsworth Crackers, and Water | **Breakfast:** 1/4 cup Whole Grain Cheerios, 1/4 cup Pears, 1/4 cup Milk  
**Lunch:** 1/2 Turkey & Cheese Sandwich on Wheat Bread, 1/4 cup Carrot Sticks w/ Ranch Dressing, 1/4 cup Cantaloupe and 1/4 cup Milk  
**PM Snack:** 1/4 Soft Whole Grain Pretzel, 1/2 cup Mixed Fruit, and Water |
| **Breakfast:** 1/3 cup Whole Grain Cheerios, 1/4 cup Fresh banana, 1/4 cup milk  
**Lunch:** 1/2 Cheese Pizza, 1/4 cup Green Salad, 1/4 cup Fresh Sliced Apples, and 1/4 cup Milk  
**PM Snack:** 2 Graham Crackers, 1/4 cup Fresh Sliced Peaches, and Water | **Breakfast:** 2 oz WW English Muffin, 1/2 cup Orange Wedges, 1/4 cups Milk  
**Lunch:** 3 oz Macaroni & Cheese, 1/2 cup Steamed Peas-Carrots, 1/4 cup Honeydew, and 1/4 cups Milk  
**PM Snack:** 1/2 oz Whole Grain Crackers, 1/4 cup Watermelon, and Water | **Breakfast:** 1 Honey Bran Muffin, 1/2 cup Applesauce, 1/4 cup Milk  
**Lunch:** 1/2 Tuna Salad Sandwich on Wheat Bread, 1/4 cup Carrot & Celery Sticks w/ Ranch Dressing, 1/4 cup Red Apple, and 1/4 cup Milk  
**PM Snack:** 1/2 Whole Grain Bagel w/ 1 tsp Cream Cheese, 1/4 cup Sliced Oranges, and Water | **Breakfast:** 1/3 cup Whole Grain Rice Chex Cereal, 1/4 cup Fresh Pineapple, 1/4 cup Milk  
**Lunch:** 2 oz. Chicken Teriyaki 1/4 cup Brown Rice, 1/4 cup Green Beans & Tomato Salad, 1/4 cup Fresh Tangerines, and 1/4 cup Milk  
**PM Snack:** 2 Ritz Crackers, 1/2 cup Fresh Apple Slices, and Water | **Breakfast:** 1/2 slice Wheat Toast with 1 tsp Fruit Spread, 1/2 cup Banana, 1/4 cup Milk  
**Lunch:** 4 Fish Stars, 1/2 Wheat Roll, 1/4 cup Corn Fiesta Salad, 1/4 cup Honeydew, 1/4 cup Milk  
**PM Snack:** 1/4 cup Hummus Dip, 2 Wheatsworth Crackers, and Water |
| **Breakfast:** 1/4 cup Cinnamon Oatmeal, 1/4 cup of Banana, 1/4 cup Milk  
**Lunch:** 4 Chicken Nuggets, 1/4 cup Zucchini Sticks, 1/4 cup Orange Slices, and 1/4 cup Milk  
**PM Snack:** 1/4 cup Vanilla Yogurt, 2 Graham Crackers, and Water | **Breakfast:** 1 Pancake w/ 1 tsp Light Syrup, 1/2 cup strawberries, 1/4 cup Milk  
**Lunch:** 4 oz Whole Wheat Spaghetti w/ Turkey Meat Sauce, 1/4 cup Caesar Salad, 1/4 cup Fresh Tangerines, 3/4 cup milk  
**PM Snack:** 1 Honey Bran Muffin, 1/2 cup Melon, Water | **Breakfast:** 1/2 of Whole Grain English Muffin, 1/4 cup of Applesauce, and 1/4 cup Milk  
**Lunch:** 1 Bean & cheese Tostada, 1/4 cup diced tomatoes and shredded lettuce, 1/4 cup Pears, and 3/4 cup Milk  
**PM Snack:** 1 oz. Cottage Cheese, 1/4 cup Pineapple Chunks, and Water | **Breakfast:** 1/3 cup Whole Grain Rice Chex Cereal, 1/4 cup Fresh Pineapple, 1/4 cup Milk  
**Lunch:** 2 oz. Chicken Teriyaki 1/4 cup Brown Rice, 1/4 cup Green Beans & Tomato Salad, 1/4 cup Fresh Tangerines, and 1/4 cup Milk  
**PM Snack:** 1/2 oz. Cheese Stick, 1/4 cup of Fresh Pear slices, and Water | **Breakfast:** 1/2 slice Wheat Toast with 1 tsp Fruit Spread, 1/2 cup Banana, 1/4 cup Milk  
**Lunch:** 4 Fish Stars, 1/2 Wheat Roll, 1/4 cup Corn Fiesta Salad, 1/4 cup Honeydew, 1/4 cup Milk  
**PM Snack:** 1/4 cup Hummus Dip, 2 Wheatsworth Crackers, and Water |
| **Breakfast:** 1/3 cup Whole Grain Cheerios, 1/4 cup Fresh banana, 1/4 cup milk  
**Lunch:** 1/2 Cheese Pizza, 1/4 cup Green Salad, 1/4 cup Fresh Sliced Apples, and 1/4 cup Milk  
**PM Snack:** 2 Graham Crackers, 1/4 cup Fresh Sliced Peaches, and Water | **Breakfast:** 2 oz WW English Muffin, 1/2 cup Orange Wedges, 1/4 cups Milk  
**Lunch:** 3 oz Macaroni & Cheese, 1/2 cup Steamed Peas-Carrots, 1/4 cup Honeydew, and 1/4 cups Milk  
**PM Snack:** 1/2 oz Whole Grain Crackers, 1/4 cup Watermelon, and Water | **Breakfast:** 1 Honey Bran Muffin, 1/2 cup Applesauce, 1/4 cup Milk  
**Lunch:** 1/2 Tuna Salad Sandwich on Wheat Bread, 1/4 cup Carrot & Celery Sticks w/ Ranch Dressing, 1/4 cup Red Apple, and 1/4 cup Milk  
**PM Snack:** 1/2 Whole Grain Bagel w/ 1 tsp Cream Cheese, 1/4 cup Sliced Oranges, and Water | **Breakfast:** 1/3 cup Whole Grain Rice Chex Cereal, 1/4 cup Fresh Pineapple, 1/4 cup Milk  
**Lunch:** 2 oz. Chicken Teriyaki 1/4 cup Brown Rice, 1/4 cup Green Beans & Tomato Salad, 1/4 cup Fresh Tangerines, and 1/4 cup Milk  
**PM Snack:** 1/2 oz. Cheese Stick, 1/4 cup of Fresh Pear slices, and Water | **Breakfast:** 1/2 slice Wheat Toast with 1 tsp Fruit Spread, 1/2 cup Banana, 1/4 cup Milk  
**Lunch:** 4 Fish Stars, 1/2 Wheat Roll, 1/4 cup Corn Fiesta Salad, 1/4 cup Honeydew, 1/4 cup Milk  
**PM Snack:** 1/4 cup Hummus Dip, 2 Wheatsworth Crackers, and Water |

**Per CACFP and USDA regulations, 1% Low-Fat Milk is served to children age 2 years and older. Whole Milk is served to children younger than 2 years.**
### Lunch Menu

The UCR Child Development Center serves a variety of meals throughout the week, including breakfast, lunch, and an afternoon snack. Meals are designed to meet nutritional guidelines and accommodate various dietary needs.

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>PM Snack</th>
<th>Vegetarian Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>1/3 cup Whole Grain Cheesios, 1/2 cup Fresh banana, 3/4 cup milk</td>
<td>Spaghetti w/ Soy Turkey Sauce, 1/4 cup Carrot &amp; Celery Sticks w/ Ranch Dressing, 1/4 cup Red Apple, and 3/4 cup Milk</td>
<td>3/4 oz Grilled Cheese and 1/8 cup Hummus Dip, 2 Wheatsworth Crackers, and Water</td>
<td>1/2 oz Vegetarian Fish Fillet, 1/4 cup Wheat Roll, 1/4 cup Corn, 1/4 cup Fresh Sliced Peaches, and Water</td>
</tr>
<tr>
<td>Tuesday</td>
<td>1/3 cup Whole Grain Oatmeal, 1/2 cup of Banana, 3/4 cup milk</td>
<td>1/3 cup Whole Grain Rice Chex, 1/2 cup Fresh Pineapple, 3/4 cups, Milk</td>
<td>3/4 oz Grilled Cheese and 1/8 cup Hummus Dip, 2 Wheatsworth Crackers, and Water</td>
<td>1/2 oz Vegetarian Fish Fillet, 1/4 cup Wheat Roll, 1/4 cup Corn, 1/4 cup Fresh Sliced Peaches, and Water</td>
</tr>
<tr>
<td>Wednesday</td>
<td>1/4 cup Cinnamon Oatmeal, 1/2 cup of Banana, 3/4 cup milk</td>
<td>1/4 cup Cinnamon Oatmeal, 1/2 cup of Banana, 3/4 cup milk</td>
<td>1/3 oz Whole Wheat Sticks, 1/4 cup Orange Slices, and 3/4 cup Milk</td>
<td>1/2 oz Vegetarian Fish Fillet, 1/4 cup Wheat Roll, 1/4 cup Corn, 1/4 cup Fresh Sliced Peaches, and Water</td>
</tr>
<tr>
<td>Thursday</td>
<td>1/4 cup WW English Muffin, 1/2 cup Orange Wedges, 3/4 cups Milk</td>
<td>1/4 cup WW English Muffin, 1/2 cup Orange Wedges, 3/4 cups Milk</td>
<td>1/2 oz Whole Grain Crackers, 1/2 cup Watermelon, and Water</td>
<td>1/2 oz Vegetarian Fish Fillet, 1/4 cup Wheat Roll, 1/4 cup Corn, 1/4 cup Fresh Sliced Peaches, and Water</td>
</tr>
<tr>
<td>Friday</td>
<td>1/3 cup Whole Grain Cheesios, 1/2 cup Fresh banana, 3/4 cup milk</td>
<td>1/3 cup Whole Grain Cheesios, 1/2 cup Fresh banana, 3/4 cup milk</td>
<td>1/2 oz Whole Grain Crackers, 1/2 cup Watermelon, and Water</td>
<td>1/2 oz Vegetarian Fish Fillet, 1/4 cup Wheat Roll, 1/4 cup Corn, 1/4 cup Fresh Sliced Peaches, and Water</td>
</tr>
</tbody>
</table>

**Per CACFP and USDA regulations, 1/2 Low-Fat Milk is served to children age 2 years and older.**

**Whole Milk is served to children younger than 2 years.**