Menu for the Month Of July, 2026

from the UNMCC Kitchen

******Featuring Jesus, Jack and Perla******

MEALS		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
BREAKFAST					1	English Muffin	2	Hashbrowns	3	
						Mangos		WW Tortilla		
LUNCH						Milk		Milk		UNMCC
						Beefy Mac		Pinto Beans		Closed for
						Peas		Carrots		Independence Day
						Peaches		Pears		
								Spanish Rice		
VEGETARIAN						Veggie Mac		Pinto Beans		
P.M. SNACK						Apples		Pita Chips		
						Wow Butter		Avocado		
BREAKFAST	6	French Toast	7	Oatmeal	8	Yogurt w/Granola	9	Rice Chex	10	Biscuit
		Fresh Blueberries		Banana		Mixed Berries		Fresh Strawberries		Mangos
LUNCH		Milk		Milk		Milk		Milk		Milk
		Hamburger		Fish Rectangles		WW Quesadilla		BBQ Pork		Chile Beans w/Cheese
		Sweet Potatoes		Green Beans		Bell Pepper		Peas		Diced Carrots
		Mixed Fruit		Pineapple		Peaches		Watermelon		Pears
		WG Slider		Tri-Colored Pasta				Hawaiian Sliders		WW Tortilla
VEGETARIAN		Veggie Burger		Lentil Stew w/ Potatoes		WW Quesadilla		BBQ Tofu		Chile Beans w/Cheese
P.M. SNACK		Oranges/Apricots		WW Crackers		Green Apples		Sun Chips		Apples
		Animal Crackers		Grapes		Teddy Grahams		Avocado		Wow Butter
BREAKFAST	13	Bagels w/Cream Cheese	14	Oatmeal	15	Pancakes	16	Cheerios	17	Cheerios
		Strawberries		Blueberries		Mixed Berries		Bananas		Strawberries
LUNCH		Milk		Milk		Milk		Milk		Milk
		Lemon Pepper Chicken		Meat Sauce		Grilled Cheese		Cheese Pizza		Cheese Pizza
		Squash		Bell Peppers		Broccoli		Bell Peppers		Bell Peppers
		Honey Dew		Mixed Fruit		Pineapple		Bananas		Bananas
		Brown Rice		WW Spaghetti		Tomato Soup				
VEGETARIAN		Lemon Pepper Veggie Patty		Black Bean Spaghetti Sauce		Grilled Cheese		Cheese Pizza		Cheese Pizza
P.M. SNACK		Tri-Colored Pasta		Green Apples		Cucumbers		WW Crackers		Sun Chips
		Carrots		Teddy Grahams		Hummus		Pineapple		Cheese Sticks
BREAKFAST	20	Bran Flakes	21	Biscuit	22	Rice Chex	23	Yogurt w/Granola	24	Hash Brown
		Bananas		Mangos		Mixed Berries		Fresh Blueberries		Tortilla
LUNCH		Milk		Milk		Milk		Milk		Milk
		Baked Ziti		Quesadillas		Chicken		Pinto Beans		Meatloaf
		Green Beans		Bell Pepper		Green Beans		Carrots		Mixed Veggies
		Apricots		Peaches		Apple		Pears		Pineapple
						Dinner Roll		Brown Rice		WW Bread
VEGETARIAN		Black bean Veggie Baked Ziti		Quesadillas		Tofu		Pinto Beans		Mac and Cheese
P.M. SNACK		Milk		Baby Carrots		WW Crackers		Bread Sticks		Sun Chips
		Teddy Grahams		Hummus		Wow Butter		Marinara		Avocado
BREAKFAST	27	Pancakes	28	Bagels w/Cream Cheese	29	Hashbrowns	30	Yogurt w/Granola	31	Cheerios
		Mixed Berries		Strawberries		WW Tortilla		Fresh Blueberries		Strawberries
LUNCH		Milk		Milk		Milk		Milk		Milk
		Mac and Cheese		BBQ Chicken		Grilled Cheese		Meatloaf		Cheese Pizza
		Broccoli		Mashed Potatoes		Broccoli		Mixed Vegetables		Bell Peppers
		Mixed Fruit		Cantaloupe		Pineapple		Oranges		Bananas
				Dinner Roll		Tomato Soup		Dinner Roll		
VEGETARIAN		Mac and Cheese		BBQ Tofu		Grilled Cheese		Veggie Meatloaf		Cheese Pizza
P.M. SNACK		Bananas		Pita Chips		Cucumbers		Green Apples		WW Crackers
		Teddy Grahams		Bean Dip		Hummus		Teddy Grahams		Pineapple

Milk is served daily for breakfast

*** Infant menu options include: scrambled egg, banana, multi-grain cereals, cottage cheese, yogurt, applesauce***

****The menu may change as the availability of fruits, vegetables and other items changes****