



# Weekly Menu

## Union Court MC



	Sun 10-16-2022	Mon 10-17-2022	Tue 10-18-2022	Wed 10-19-2022	Thu 10-20-2022	Fri 10-21-2022	Sat 10-22-2022
BREAKFAST	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
	3 oz Beef Roast 1/2 c Creamy Mashed Potatoes 1/2 c Buttery Carrots	3 oz Seasoned Baked Chicken 1/2 c Cracker Crusted Mac and Cheese 1/2 c Green Bean Casserole	3 oz Beef Cube Steaks 1/2 c Red Potatoes 1/2 c Seasoned Cauliflower	1 - Soft Taco 1/2 c Spanish Rice	3 oz Country Fried Steak 1/2 c Parsley Noodles 1/2 c Green Beans 1 - Buttermilk Biscuits	3 oz Baked Cod Fillet 3 oz French Fries 1/2 c Mixed Vegetables	3 oz Seasoned BBQ Pork Ribs 1 - Baked Sweet Potato 1/2 c Baked Squash
DINNER	2 - Reuben Crescents 1/2 c Berry Jello 1/2 c Sauerkraut	1 c Baked Spaghetti 1 slice Garlic Bread	1 - English Muffin Cheese Pizzas 1/2 c Pears 1/2 c Chocolate Pudding	1 c Sausage Potato Dish 1/2 c Lime Jello with Peaches 1 - Baked Roll	1 c Beef Barley Soup 1/2 c Jello Salad 1 - Bread	1 - Egg Salad Croissant 1/2 c Pea Salad	1 - All Beef Hot Dog 1/2 c Fruit 1 oz Chips
	Milk offered at every meal						Week 2

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Union Court MC



	Sun 10-23-2022	Mon 10-24-2022	Tue 10-25-2022	Wed 10-26-2022	Thu 10-27-2022	Fri 10-28-2022	Sat 10-29-2022
<b>B R E A K F A S T</b>	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 - Fresh Biscuits	3/4 c Hot Cereal 1 oz Bacon 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
	3 oz Chicken Thigh Bake 1/2 c Creamy Mashed Potatoes 1/2 c Oven Roasted Cauliflower	3 oz Pepper Steak 1/2 c Rice 1/2 c Green Bean Casserole	3 oz Baked Meatballs with Gravy 1/2 c Corn Casserole 1 c Garden Green Salad	1 - Chicken Bacon Wrap 1/2 c Baked Yams 1/2 c Cream Peas	1 - Bratwurst and Sauerkraut 1/2 c Cracker Crusted Mac and Cheese	3 oz Baked Cod Fillet 3 oz French Fries 1/2 c Mixed Vegetables	1/2 c Cowboy Baked Beans 1/2 c Steamed Broccoli
<b>D I N N E R</b>	1 c Chili 1/2 c Fruit 1 - Cornbread Muffin	1 c Basic Ham and Bean Soup 1/2 c Fruit 5 - Crackers	1 c Cheese Tortellini 1/2 c Berry Jello	1 - Chicken Philly Sandwich 1/2 c Winter Jello 1/2 c Vegetable Pasta Salad	1 c Classic Chicken Noodle Soup 1 - Hawaiian Ham Sliders 1/2 c Fruit Cocktail	2 - Reuben Crescents 1/2 c Potato Salad	1 - Chicken Salad on Croissant 1/2 c Mandarin Oranges 1 oz Chips
	Milk offered at every meal						Week 3

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# Weekly Menu

Union Court MC



	Sun 10-30-2022	Mon 10-31-2022	Tue 11-01-2022	Wed 11-02-2022	Thu 11-03-2022	Fri 11-04-2022	Sat 11-05-2022
<b>B R E A K F A S T</b>	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice
	3 oz Beef Pot Roast 1/2 c Creamy Mashed Potatoes 1/2 c Buttery Carrots	3 oz Ham Steaks 1/2 c Corn Casserole 1/2 c Cheesy Scalloped Potatoes	3 oz Swedish Meatballs 1/2 c Brown Rice 1/2 c Steamed Broccoli	1 - Beer Braised Sausage and Sauerkraut 1/2 c Red Potatoes	3 oz Beef Patty with Mushroom Gravy 1/2 c Noodles 1/2 c Vegetable Medley	3 oz Breaded Cod 3 oz French Fries 1/2 c Coleslaw	3 oz Marinated Pork Roast 1/2 c Classic Mashed Potatoes 1/2 c Green Bean Casserole
<b>D I N N E R</b>	1 c Baked Ziti 1/2 c Peaches 1 - Crusty Garlic Bread	2 oz Chicken Nuggets 1/2 c Fresh Fruit Salad 3 - Onion Rings	1 c Ham and Potato Soup 1/2 c 24 Hour Fruit Salad 1 - Bread	1 - Open Face Hot Turkey Sandwich 1/2 c Berry Jello	1 - Egg Salad Croissant 1/2 c Fruit 1/2 c Potato Salad	1 - Sloppy Joes 1/2 c Fruit Cocktail Salad 1 oz Chips	1 c Cheese Tortellini 1/2 c Cottage Cheese and Fruit 1 - Baked Roll
	Milk offered at every meal						Week 4

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