



	Sun 11-20-2022	Mon 11-21-2022	Tue 11-22-2022	Wed 11-23-2022	Thu 11-24-2022	Fri 11-25-2022	Sat 11-26-2022
B R E A K F A S T	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
D I N N E R	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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Weekly Menu

Union Court MC



	Sun 11-13-2022	Mon 11-14-2022	Tue 11-15-2022	Wed 11-16-2022	Thu 11-17-2022	Fri 11-18-2022	Sat 11-19-2022
B R E A K F A S T	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 Classic Mashed Potatoes 1/2 c Garlic Carrots	3 oz Grilled Shrimp 3 oz Pepper Steak 1/2 c Brown Rice 1/2 c Steamed Broccoli	Pc 3" Lasagna 1 c Green Salad 1 oz Garlic Bread	3 oz Beef Cube Steaks 1/2 c Red Potatoes 1 c Green Salad	3 oz Cheese Crusted Chicken 1/2 c AuGratin Potatoes 1/2 c Vegetable Medley	3 oz Cod Fillet 3 oz French Fries 1/2 c Coleslaw	3 oz Meatloaf 1/2 c Baked Beans 1/2 c Capri Blend
D I N N E R	1 - All Beef Hot Dog 1/2 c Fruit 1 oz Chips	2/3 c Beef Goulash 1/2 c Fruit	1 - Grilled Chicken Sandwich 1/2 c Fruit 1 oz Chips	1/2 - Philly Steak Sandwich 1/2 c Raspberry Jello Salad 1/2 c Pasta Salad	1 c Taco Casserole 1/2 c Orange Pineapple Salad	1 - BLT Sandwich 1/2 c Fruit 1/2 c Potato Salad	1 c Beef Noodle Soup 1/2 c Berry Jello 1 c Mixed Green Salad
	Milk offered at every meal						Week 1

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