

# Weekly Menu

Union Court MC

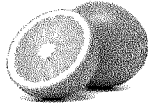


	Sun 01-22-2023	Mon 01-23-2023	Tue 01-24-2023	Wed 01-25-2023	Thu 01-26-2023	Fri 01-27-2023	Sat 01-28-2023
<b>B R E A K F A S T</b>	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	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 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 - Banana 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 Pot Roast 1/2 c Herb Mashed Potatoes 1/2 c Buttery Carrots	3 oz BBQ Pork Ribs 1/2 c Red Potatoes 1/2 c Steamed Broccoli	1 c Chicken Broccoli Supreme 1 c Green Salad	1 c Beef and Bean Dish 1/2 c Vegetable Medley 1 - Baked Tortilla Chips	1 - Beef Taco 1/2 c Spanish Rice	3 oz Baked Cod Fillet 1/2 c Coleslaw 3 oz French Fries	3 oz Baked Ham 1/2 c Cheesy Scalloped Potatoes 1/2 c Mixed Vegetables
<b>D I N N E R</b>	1 - Ham Sandwich 1/2 c Fruit 2/3 c Tomato Soup 1 oz Crackers	1 c Cabbage Beef Soup 1/2 c Fruit Compote 1 - Bread	1 - BBQ Pulled Pork on a Bun 1/2 c Coleslaw	3 oz Herb Roasted Turkey 1/2 c Fruit Cup 1/2 c Fresh Mashed Potatoes	1 c Tasty Chicken Soup 1/2 c Berry Jello 1 - Bread	1 c Baked Ziti 1/2 c Pears 1 slice Garlic Bread	2 c Taco Salad 1/2 c Fruit 1 - Breadsticks
	Milk offered at every meal						Week 3

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# Weekly Menu

Union Court MC



	Sun 01-29-2023	Mon 01-30-2023	Tue 01-31-2023	Wed 02-01-2023	Thu 02-02-2023	Fri 02-03-2023	Sat 02-04-2023
<b>B R E A K F A S T</b>	3/4 c Hot Cereal 1 - Egg of Choice 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 - 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 - Sausage Patty 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
	3 oz Ham Steaks 1/2 c Candied Yams 1/2 c Brussels Sprouts	3 oz Country Fried Steak with Gravy 1/2 c Sour Cream Potatoes 1/2 c Baked Squash	1 - Open Faced Hamburger 1/2 c Classic Mashed Potatoes 1/2 c Green Beans	1 c Chicken Alfredo Pasta 1/2 c Steamed Broccoli	3 oz Sweet and Sour Meatballs 1/2 c Roasted Rosemary Potatoes 1/2 c Glazed Baby Carrots	3 oz Baked Cod Fillet 3 oz French Fries 1/2 c Coleslaw	3 oz Seasoned BBQ Pork Ribs 1/2 c Favorite Baked Beans 1/2 c Mixed Vegetables
<b>D I N N E R</b>	1 c Beef Chili 1/2 c Assorted Fruit 1 - Bread	1 c Tuna and Noodles 1/2 c Fruit	1 c Beef Rice Soup 1/2 c Fruit 1 - Bread	1 - Bologna Sandwich 1/2 c Cottage Cheese and Fruit 1 oz Chips	1 c Broccoli Cheese Soup 1 - Hawaiian Ham Sliders 1/2 c Jello Salad 1 oz Crackers	1 - Hot Roast Beef Sandwich 1/2 c Fruit 1/2 c Classic Mashed Potatoes	1/2 c Egg Salad 1/2 c Berry Jello 1 c Garden Green Salad
	Milk offered at every meal						Week 4

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	Sun 02-05-2023	Mon 02-06-2023	Tue 02-07-2023	Wed 02-08-2023	Thu 02-09-2023	Fri 02-10-2023	Sat 02-11-2023
<b>B R E A K F A S T</b>	3/4 c Hot Cereal 1 - Egg of Choice 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 - 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 oz Sausage 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
	3 oz Autumn Pot Roast 1/2 c Cheesy Mashed Potatoes 1/2 c Vegetable Medley	3 oz Pepper Steak 1/2 c Brown Rice 1/2 c Steamed Broccoli	1 c Taco Cornbread Casserole 1 c Garden Green Salad	7-1/2 oz Lasagna 1/2 c Cottage Cheese and Fruit	3 oz Baked Cod Fillet 3 oz French Fries 1/2 c Coleslaw	3 oz Baked Ham 1/2 c Seasoned Potatoes 1/2 c Herb Roasted Vegetables	3 oz BBQ Pork Ribs 1/2 c Red Potatoes 1/2 c Brussels Sprouts
<b>D I N N E R</b>	1 - BBQ Sloppy Joe on a Bun 1/2 c Assorted Fruit	1 c Ham and Potato Soup 1/2 c Jello Salad	1 - Hawaiian Ham Sliders 3 oz BBQ Little Smokies 1/2 c Fruited Jello Salad	1 - Open Face Turkey Sandwich 1/2 c Fruit	1 - BBQ Chicken Sandwich 1/2 c Bacon Pea Salad	1 c Beef Barley Soup 1/2 c Fruit 1 - Bread	1 - All Beef Hot Dog 1 - Fruit Cup 1 oz Chips
	Milk offered at every meal						Week 5

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