

Weekly Menu

Union Court MC



	Sun 02-12-2023	Mon 02-13-2023	Tue 02-14-2023	Wed 02-15-2023	Thu 02-16-2023	Fri 02-17-2023	Sat 02-18-2023
B R E A K F A S T	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 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
	3 oz Autumn Pot Roast 1/2 c Classic Mashed Potatoes 1/2 c Buttery Carrots	3 oz Herb Crusted Turkey 1/2 c Homestyle Stuffing 1/4 c Cranberry Sauce 1/2 c Vegetable Medley	1 c Chicken and Noodles 1/2 c Glazed Carrots	1 - All Beef Hot Dog 1/2 c Baked Beans 1/2 c Vegetable Medley	3 oz Baked Ham 1/2 c Herb Roasted Red Potatoes 1/2 c Cauliflower with Cheese Sauce	1 c Roasted Potato Sausage Casserole 1/2 c Brussels Sprouts	1 - Open Faced Hamburger 1/2 c Fresh Mashed Potatoes 1/2 c Grilled Mixed Vegetables
D I N N E R	1 - Turkey Ham Sub Sandwich 1/2 c Fruit Cocktail 1 oz Chips	1 - Hot Meatloaf Sandwich 1/2 c Fruit	1 - Bologna Sandwich 1/2 c Assorted Fruit 1/2 c BLT Pasta Salad	1 c Campfire Stew 1/2 c Fruit 1 - Fresh Biscuits	1 c Tasty Chicken Soup 1/2 c Berry Jello 1 - Bread	1 c Baked Spaghetti 1/2 c Cottage Cheese and Fruit	2 - Ham and Cheese Roll Ups 1/2 c Jello Salad 1 c BLT Salad
	Milk offered at every meal						Week 1

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Weekly Menu

Union Court MC



	Sun 02-19-2023	Mon 02-20-2023	Tue 02-21-2023	Wed 02-22-2023	Thu 02-23-2023	Fri 02-24-2023	Sat 02-25-2023
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 Chicken Thigh Bake 1/2 c Corn Casserole 1/2 c Vegetable Medley	1 - Beer Braised Sausage and Sauerkraut 1/2 c Cracker Crusted Mac and Cheese	3 oz Grilled Shrimp 3 oz Bacon Ranch Chicken 1/2 c Harvard Beets	3 oz Baked Cod Fillet 3 oz French Fries 1/2 c Coleslaw	3 oz Meatballs 1/2 c Red Potatoes 1/2 c Vegetable Medley	1 - Crispy Fish Sandwich 3 - Onion Rings 1/2 c Applesauce	3 oz Classic Meatloaf 1/2 c Creamy AuGratin Potatoes 1/2 c Vegetable Medley
D I N N E R	1 c Ham and Potato Soup 1/2 c Jello Salad 1 - Bread	2/3 c Beef Goulash 1/2 c Assorted Fruit	1 c Chicken Stuffing Hot Dish 1/2 c Berry Jello	1 - Egg Salad Sandwich 1/2 c Fruit 1/2 c Potato Salad	1 - Hot Ham Sandwich 1/2 c Jello Salad 2/3 c Tomato Soup	1 - Hot Turkey Sandwich with Gravy 1/2 c Jello Salad 1 - Bread	1 c American Chop Suey 1/2 c Berry Jello
	Milk offered at every meal						Week 2

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