

# Weekly Menu

Union Court MC



	Sun 02-26-2023	Mon 02-27-2023	Tue 02-28-2023	Wed 03-01-2023	Thu 03-02-2023	Fri 03-03-2023	Sat 03-04-2023
<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	7-1/2 oz Lasagna 1 c Garden Green Salad 1 oz Garlic Bread	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 c Italian Meatball Dish 1 c Green Salad	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 Hearty Baked Stew 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 - Tuna Sandwich 1/2 c Berry Jello 2/3 c Garden Pasta Salad	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						

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# Weekly Menu

Union Court MC



	Sun 03-05-2023	Mon 03-06-2023	Tue 03-07-2023	Wed 03-08-2023	Thu 03-09-2023	Fri 03-10-2023	Sat 03-11-2023
<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 - Sausage Patty 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
	3 oz Smothered Chicken Breasts 1 - Baked Potato 1/2 c Brussels Sprouts	3 oz Herb Roasted Turkey 1/2 c Homestyle Stuffing 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 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	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 Cheese Tortellini 1/2 c Fruit 1 - Breadsticks	2 oz Chicken Nuggets 1 c Green Salad 3 - Onion Rings	1 - Hand Held Meat Pie 1/2 c Jello Salad 1/2 c Vegetable Pasta Salad	1 - Hawaiian Ham Sliders 1/2 c Jello Salad 2/3 c Tomato Soup 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						
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# Weekly Menu

Union Court MC



	Sun 03-12-2023	Mon 03-13-2023	Tue 03-14-2023	Wed 03-15-2023	Thu 03-16-2023	Fri 03-17-2023	Sat 03-18-2023
<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 Grilled Shrimp 3 oz Breaded Chicken Breast 1/2 c Brown Rice 1/2 c Steamed Broccoli	1 - Open Faced Hamburger 3 oz Liver and Onions 1/2 c Classic Mashed Potatoes 1/2 c Mixed Vegetables	3 oz Marinated Pork Roast 1/2 c Creamy Mashed Potatoes 1/2 c Vegetable Medley	3 oz Herb Crusted Turkey 1/2 c Homestyle Stuffing 1/2 c Vegetable Medley	3 oz Corned Beef Brisket 1/2 c Boiled Potatoes 1/2 c Seasoned Cabbage	3 oz Baked Ham 1/2 c Red Potatoes 1/2 c Brussels Sprouts
<b>D I N E R</b>	1 c Basic Ham and Bean Soup 1/2 c Assorted Fruit 1 Pc 2" Buttermilk Cornbread	1 - BBQ Pulled Pork 1/2 c Jello Salad 1 oz Chips	1 - Grilled Tuna Sandwich 1/2 c Fruited Jello Salad 1 c BLT Salad	1 - Sloppy Joes 1/2 c Fruit 1/2 c Macaroni Salad	1 - BBQ Chicken Sandwich 1 c Green 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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	Sun 03-19-2023	Mon 03-20-2023	Tue 03-21-2023	Wed 03-22-2023	Thu 03-23-2023	Fri 03-24-2023	Sat 03-25-2023
<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 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 Beef 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 Rice Bake 1/2 c Glazed Carrots	1 - Hot Meatloaf Sandwich 1/2 c Vegetable Medley	3 oz Baked Ham 1/2 c Cheesy Scalloped Potatoes 1/2 c Buttered Squash	3 oz Baked Cod Fillet 3 oz French Fries 1/2 c Coleslaw	1 - Open Faced Hamburger 1/2 c Fresh Mashed Potatoes 1/2 c Grilled Mixed Vegetables
<b>D I N N E R</b>	1 - Turkey Ham Sub Sandwich 1/2 c Fruit Cocktail 3 - Onion Rings	1 c Beef Noodle Soup 1/2 c Fruit 1 - Baked Roll	2 oz Chicken Nuggets 3 - Onion Rings	1 c Campfire Stew 1/2 c Fruit 1 - Fresh Biscuits	1 c Hamburger Soup 1/2 c Berry Jello 1 - Bread	1 c Baked Spaghetti 1 oz Garlic Bread	2 - Ham and Cheese Roll Ups 1/2 c Jello Salad 2/3 c Antipasto Salad
	Milk offered at every meal						Week 1

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	Sun 03-26-2023	Mon 03-27-2023	Tue 03-28-2023	Wed 03-29-2023	Thu 03-30-2023	Fri 03-31-2023	Sat 04-01-2023
<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 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 Smothered Chicken Breasts 1/2 c Corn Casserole 1/2 c Vegetable Medley	1 - Beef Stuffed Cabbage 1/2 c Red Potatoes	1 - Beer Braised Sausage and Sauerkraut 1 - Baked Potato	1 c Thai Peanut Chicken Bowl 1 - Baked Roll	3 oz Pork Roast with Gravy 1/2 c Herb Mashed 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
<b>D I N N E R</b>	1 c Beef Goulash 1/2 c Jello Salad 1 - Bread	1 c Basic Ham and Bean Soup 1/2 c Assorted Fruit 1 - Baked Roll	1 - Sloppy Joes 1/2 c Berry Jello 1 oz Garlic Bread	1 - Bologna Sandwich 1/2 c Fruit 1 c Green Salad	1 - Hot Ham Sandwich 1/2 c Jello Salad 2/3 c Tomato Soup	1 c Macaroni Tuna Dish 2 - Ham and Cheese Roll Ups 1/2 c Jello Salad	1 - Chicken Salad and Crackers 1/2 c Berry Jello
	Milk offered at every meal						Week

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