

# Weekly Menu

Union Court MC



	Sun 04-02-2023	Mon 04-03-2023	Tue 04-04-2023	Wed 04-05-2023	Thu 04-06-2023	Fri 04-07-2023	Sat 04-08-2023
<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	3 oz Beef Tips in Gravy 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 c Beef Barley Soup 1/2 c Assorted Fruit 1 - Bread	1 - Hand Held Meat Pie 1/2 c Fruit Cup 1/2 c Pasta Salad	3 oz Homestyle Turkey 1/2 c Berry Jello 1/2 c Homestyle Stuffing	1 c Tasty Chicken Soup 1/2 c Pears 1 - Bread	3 oz BBQ Pulled Pork 1/2 c Fruit 1/2 c Coleslaw
	Milk offered at every meal						Week 3

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	Sun 04-09-2023	Mon 04-10-2023	Tue 04-11-2023	Wed 04-12-2023	Thu 04-13-2023	Fri 04-14-2023	Sat 04-15-2023
<b>B R E A K F A S T</b>	<b>Easter</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	1 oz Cold 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 BBQ Beef Ribs 1/2 c Cracker Crusted Mac and Cheese 1/2 c Corn 1 Pc 2" Buttermilk Cornbread	3 oz Brown Sugar Meatloaf 1/2 c Garlic Herb Mashed Potatoes 1/2 c Beets	3 oz Grilled Polish Sausage 3 - Onion Rings	3 oz Herb Crusted Turkey 1/2 c Fresh Mashed Potatoes 1/2 c Peas and Carrots	3 oz Bacon Ranch Chicken 1 - Baked Potato 1/2 c Baked Squash	3 oz Baked Cod Fillet 3 oz French Fries 1/2 c Coleslaw	1 - Hamburger 'N Fixin's 1/2 c Favorite Baked Beans 1/2 c Country Medley
<b>D I N N E R</b>	1 c Chicken and Spinach Salad 1/2 c Jello Salad 1 - Breadsticks	1 c Tasty Chicken Soup 1/2 c Creamy Grape Salad 1 - Bread	1 c Beef Cheese Enchilada 1/2 c Cottage Cheese 1/2 c Fruit	1 - Hand Held Meat Pie 1/2 c Assorted Fruit 1/2 c Potato Salad	1 - Pinwheel Sandwiches 1 c Turkey Rice Soup 1/2 c Fruit	1 c Beef Chili 1/2 c Peaches 1 - Bread	1 - Bologna Sandwich 1/2 c Fruit 1/2 c Vegetable Pasta Salad
	Milk offered at every meal						Week 1

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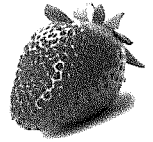


	Sun 04-16-2023	Mon 04-17-2023	Tue 04-18-2023	Wed 04-19-2023	Thu 04-20-2023	Fri 04-21-2023	Sat 04-22-2023
BREAKFAST	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain 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 Pot Roast 1/2 c Classic Mashed Potatoes 1/2 c Glazed Carrots	1 c Shredded Pork Over Rice 1/2 c Vegetables	3 oz Baked Ham 1/2 c Scalloped Potatoes 1/2 c Harvard Beets	1 c Italian Meatball Dish 1/2 c Cottage Cheese	3 oz Herb Crusted Turkey 1/2 c Herb Mashed Potatoes 1/2 c Herb Roasted Vegetables	3 oz Seasoned Baked Cod 3 oz French Fries 1/2 c Coleslaw	3 oz Hawaiian Baked Chicken 1/2 c Rice 1/2 c Vegetable Medley
DINNER	1 - BBQ Sloppy Joe on a Bun 1/2 c Assorted Fruit 1 oz Garlic Bread	1 c Spaghetti and Meat Sauce 1 c Garden Green Salad 1 oz Garlic Bread	1 - Grilled Chicken Sandwich 1/2 c Assorted Fruit 3 - Onion Rings	1 - Hand Held Meat Pie 2/3 c Garden Pasta Salad	1 - Hawaiian Ham Sliders 1/2 c Assorted Fruit 1/2 c Potato Salad	2 c Chef Salad 1 - Garlic Breadsticks	2 - Ham and Cheese Roll Ups 1 - Veggie Flatbread Pizza
	Milk offered at every meal						Week 2

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# Weekly Menu

Union Court MC



	Sun 04-23-2023	Mon 04-24-2023	Tue 04-25-2023	Wed 04-26-2023	Thu 04-27-2023	Fri 04-28-2023	Sat 04-29-2023
<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 Autumn Pot Roast 1/2 c Herb Mashed Potatoes 1/2 c Garlic Carrots	1 Pc 3" Classic Lasagna 1/2 c Cottage Cheese 1 oz Garlic Bread	3 oz Salmon Patty 1/2 c Herb Mashed Potatoes 1/2 c Peas	1/2 - Chicken Quesadilla	1 c Shepherds Pie 1 c LS Green Salad	3 oz Baked Cod Fillet 3 oz French Fries 1/2 c Coleslaw	3 oz Pork Roast with Gravy 1/2 c Garlic Mashed Potatoes 1/2 c Green Bean Casserole
<b>D I N E R</b>	1 c Beef Goulash 1/2 c Peaches	1 c Ham and Potato Soup 1/2 c Berry Jello 1 oz Crackers	1 - Ham and Pickle Sandwich 1/2 c Assorted Fruit 1 oz Chips	1 c Classic Beef Stew 1 - Buttermilk Biscuits	1 - Hot Dog 1/2 c Berry Jello 1/2 c Potato Salad	1 - Pockets of Reuben 1/2 c Vegetable Pasta Salad	3 oz Chicken Tenders 1/2 c Fruit 3 - Onion Rings
	Milk offered at every meal						Week 3

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