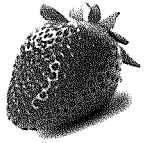


# Weekly Menu

Union Court MC



	Sun 04-30-2023	Mon 05-01-2023	Tue 05-02-2023	Wed 05-03-2023	Thu 05-04-2023	Fri 05-05-2023	Sat 05-06-2023
<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 - Baked Potato 1/2 c Vegetable Medley	1 - Steak Fajita 1 c Green Salad	3 oz Baked Ham 3 oz Liver and Onions 1/2 c Scalloped Potatoes 1/2 c Vegetable Medley	3 oz Herb Crusted Turkey 1/2 c Creamy Mashed Potatoes 1/2 c Vegetable Medley	1 c Chicken and Noodles 1/2 c Vegetable Medley	3 oz Baked Cod Fillet 3 oz French Fries 1/2 c Coleslaw	3 oz Herb Crusted Pork Roast 1/2 c Herb Mashed Potatoes
<b>D I N N E R</b>	2 - Ham and Cheese Sliders 1/2 c Pear Fruit Cup 1/2 c Vegetable Pasta Salad	1 - Homestyle Sloppy Joes 1/2 c Assorted Fruit 10 - Tater Tots	1 - Hot Roast Beef Sandwich 1/2 c Fruit 1 oz Chips	2 c Italian Chopped Salad 1 - Breadsticks	1/2 c Tuna Salad 1 - Fruit Cup 1 - Baked Tortilla Chips	1 c Beef Rice and Mushroom Dish 1 - Fruit Cup	1 c Taco Soup 1/2 c Assorted Fruit 1 - Corn Tortilla
	Milk offered at every meal						Week 4

File this copy

# Weekly Menu

Union Court MC



	Sun 05-07-2023	Mon 05-08-2023	Tue 05-09-2023	Wed 05-10-2023	Thu 05-11-2023	Fri 05-12-2023	Sat 05-13-2023
<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 Beef Pot Roast 1/2 c Creamy Mashed Potatoes 1/2 c Glazed Carrots	3 oz BBQ Meatloaf 1/2 c Herb Roasted Red Potatoes 1/2 c Vegetables	3 oz Melt In Your Mouth Chicken 1/2 c Baked Macaroni Cheese 1/2 c Mixed Vegetables	1 - Open Faced Hamburger 1/2 c Fresh Mashed Potatoes 1/2 c Vegetable Medley	1 c Chicken Alfredo Pasta 1 slice Garlic Bread	3 oz Baked Fish Fillet 3 oz French Fries 1/2 c Coleslaw	3 oz Baked Ham 1/2 c Cheesy Scalloped Potatoes 1/2 c Vegetable Medley
<b>D I N N E R</b>	1 c American Chop Suey 1 - Vegetable Egg Roll	1 c Baked Spaghetti 1/2 c Fruit Yogurt Parfait 1 oz Garlic Bread	1 - BBQ Chicken Sandwich 1 c Garden Green Salad	1 c Beef Chili 1 - Fruit Cup 1 - Bread	1/2 c Tuna Salad 1/2 c Fruit Cup	1 c Chicken and Spinach Salad 1/2 c Jello Salad 1 - Breadsticks	1 c Baked Spaghetti 1 c Garden Green Salad
	Milk offered at every meal						Week 5

File this copy

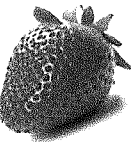
# Weekly Menu

Union Court MC



	Sun 05-14-2023	Mon 05-15-2023	Tue 05-16-2023	Wed 05-17-2023	Thu 05-18-2023	Fri 05-19-2023	Sat 05-20-2023
B R E A K F A S T	1/2 c Cheesy Scrambled Eggs 1/2 c Hash Browns 1/2 c Fresh Fruit 1/2 c 100% Juice 1 - Fresh Biscuits	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 Beef Pot Roast 1/2 c Classic Mashed Potatoes 1/2 c Buttery Carrots	7-1/2 oz Lasagna 1 c LS Green Salad 1 oz Garlic Bread	1 - Beer Braised Sausage and Sauerkraut 1/2 c Red Potatoes	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 Trio Medley
D I N N E R	1/2 c Jello Salad 1 - Breadsticks	1 c American Goulash 1/2 c Creamy Grape Salad 1 - Bread	1 c Beef Cheese Enchilada 1/2 c Fruit	1 - Hand Held Meat Pie 1/2 c Assorted Fruit 1/2 c Potato Salad	1 - Pinwheel Sandwiches 1/2 c Fruit 2/3 c Tomato Soup	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

File this copy



	Sun 05-21-2023	Mon 05-22-2023	Tue 05-23-2023	Wed 05-24-2023	Thu 05-25-2023	Fri 05-26-2023	Sat 05-27-2023
<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 1/2 c Hash Browns 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	3 oz Cube Steak and Gravy 1/2 c Macaroni and Cheese 1/2 c Vegetables	3 oz Baked Ham 1/2 c Scalloped Potatoes 1/2 c Harvard Beets	1 - Open Faced Hamburger 1/2 c Fresh Mashed Potatoes 1/2 c Buttery Carrots	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 Mixed Vegetables	3 oz Hawaiian Baked Chicken 1/2 c Rice 1/2 c Vegetable Medley
<b>D I N N E R</b>	1 - BBQ Sloppy Joe on a Bun 1/2 c Assorted Fruit 1 oz Chips	1 - Egg Salad Sandwich 1 - Fruit Cup 1 c Garden Green Salad	1 - Chicken Enchilada Bake 1/2 c Assorted Fruit 1 - Baked Roll	1 - BBQ Pulled Pork 1/2 c Coleslaw	1 c Beef Barley Soup 1/2 c Assorted Fruit 1 - Baked Roll	2 c Taco Salad 1 - Garlic Breadsticks	1 - Ham and Cheese Sandwich 1/2 c Fruit
	Milk offered at every meal						Week 2

File this copy

# Weekly Menu

Union Court MC



	Sun 05-28-2023	Mon 05-29-2023	Tue 05-30-2023	Wed 05-31-2023	Thu 06-01-2023	Fri 06-02-2023	Sat 06-03-2023
<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 - Hamburger 'N Fixin's 1/2 c Potato Salad 1 c Watermelon	3 oz Salmon Patty 1/2 c Herb Mashed Potatoes 1/2 c Peas	3 oz Herb Roasted Turkey 1/2 c Fresh Mashed Potatoes 1/2 c Vegetable Medley	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 N E R</b>	1 c Beef Goulash 1/2 c Peaches	1 - Bologna Sandwich 1/2 c Berry Jello 1 oz Chips	1 - Ham and Pickle Sandwich 1/2 c Assorted Fruit 1 oz Chips	1 c Chicken Wild Rice Soup 1 - Baked Roll	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

File this copy