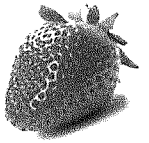


# Weekly Menu

Union Court MC



	Sun 06-04-2023	Mon 06-05-2023	Tue 06-06-2023	Wed 06-07-2023	Thu 06-08-2023	Fri 06-09-2023	Sat 06-10-2023
3 R E A K F E 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 Beef Pot Roast 1/2 c Creamy Mashed Potatoes 1 c Green Salad	3 oz Smothered Chicken Breasts 1 - Loaded Baked Potato 1/2 c Vegetable Medley	3 oz Baked Ham 1/2 c Scalloped Potatoes 1/2 c Vegetable Medley	1 - Hot Dog 1/2 c Pasta Salad 1 c Watermelon 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 1/2 c Vegetables
D I V I D E S	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 - Pulled Pork Sandwich 1/2 c Coleslaw 1 oz Chips	2 c Italian Chopped Salad 1 - Breadsticks	1/2 c Tuna Salad 1 - Fruit Cup 1 - Baked Tortilla Chips	1 c Chili 1 - Fruit Cup	2 c Taco Salad 1/2 c Assorted Fruit 1 - Corn Tortilla
	Milk offered at every meal						Week 4

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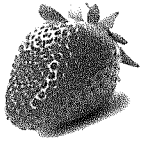


	Sun 06-11-2023	Mon 06-12-2023	Tue 06-13-2023	Wed 06-14-2023	Thu 06-15-2023	Fri 06-16-2023	Sat 06-17-2023
<b>B R E A K F A S T</b>	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice 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	1 c Bacon Beef and Bean Bake 1/2 c Herb Roasted Red Potatoes 1/2 c Fresh Asparagus	3 oz Pulled Pork Roast 1/2 c Baked Macaroni Cheese 1/2 c Mixed Vegetables	1 - Hot Dog 1/2 c Baked Beans 1 c Watermelon	3 oz Herb Crusted Turkey 1/2 c Fresh Mashed Potatoes and Gravy 1/2 c Bacon Brussels Sprouts	3 oz Baked Fish Fillet 3 oz French Fries 1/2 c Broccoli Coleslaw	3 oz Baked Ham 1/2 c Cheesy Scalloped Potatoes 1/2 c Vegetable Medley 1 oz Crackers
<b>D I N N E R</b>	1 c American Chop Suey 1 - Spring Egg Roll	1 c Baked Spaghetti 1/2 c Fruit Yogurt Parfait 1 oz Garlic Bread	1 - Garden Chicken Sandwich 1/2 c Apple Slices 1 oz Chips	1 - BLT Sandwich 1 - Fruit Cup 1/2 c Zesty Cucumber Salad	1 - Roast Beef Sandwich 1/2 c Jello Salad	1 c Basic Ham and Bean Soup 1/2 c Jello Salad	1/2 c Tuna Salad 1 - Fruit Cup
	Milk offered at every meal						Week 5

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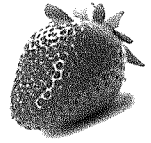
# Weekly Menu

Union Court MC



	Sun 06-18-2023	Mon 06-19-2023	Tue 06-20-2023	Wed 06-21-2023	Thu 06-22-2023	Fri 06-23-2023	Sat 06-24-2023
<b>B R E A K F A S T</b>	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 Smothered Chicken Breasts 1/2 c Boiled Potatoes 1/2 c Vegetable Medley	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	1 - Hot Dog 1/2 c Pasta Salad 1 c Watermelon	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 Vegetable Medley	3 oz Meatballs 1/2 c Favorite Baked Beans 1/2 c Country Trio Medley
<b>D I N N E R</b>	1 - Egg Salad Sandwich 1 - Fruit Cup 1 oz Chips	1 c American Goulash 1/2 c Creamy Grape Salad 1 - Bread	1 - Ham Sandwich 1 c Watermelon 1 c LS Green Salad	10 oz Beef Stroganoff 1/2 c Assorted Fruit 1 - Hawaiian Roll	1 - Tuna Sandwich 1/2 c Fruit 2/3 c Tomato Soup	1 c Beef Chili 1 - Bread 1/2 c Peaches	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 06-25-2023	Mon 06-26-2023	Tue 06-27-2023	Wed 06-28-2023	Thu 06-29-2023	Fri 06-30-2023	Sat 07-01-2023
<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 1/2 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 Noodles 1/2 c Vegetables	3 oz Homestyle Turkey 1/2 c Garlic Mashed Potatoes 1/2 c Herb Roasted Vegetables	1 - Hamburger 'N Fixin's 1/2 c Potato Salad 1 c Watermelon	2/3 c Braised Pork 1 - Baked Sweet Potato 1/2 c Herb Roasted Vegetables	3 oz Baked Cod Fillet 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 - Hawaiian Ham Sliders 1/2 c Cottage Cheese 1 oz Potato Chips	2 c Taco Salad 1 - Breadsticks	1 - Zesty Hot Beef Sandwich 1/2 c Assorted Fruit	1 slice Crazy Crust Pizza 1 c House Green Salad	1 - Ham and Cheese Sandwich 1/2 c Creamy Grape Salad 1 oz Chips
	Milk offered at every meal						Week 2

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