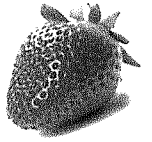


Weekly Menu

Union Court MC



	Sun 07-02-2023	Mon 07-03-2023	Tue 07-04-2023	Wed 07-05-2023	Thu 07-06-2023	Fri 07-07-2023	Sat 07-08-2023
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 Autumn Pot Roast 1/2 c Herb Mashed Potatoes 1/2 c Garlic Carrots	3 oz BBQ Beef Ribs 1/2 c Cracker Crusted Mac and Cheese 1/2 c Vegetable Medley	1 c Chicken and Noodles 1/2 c Baked Squash	3 oz Grilled Polish Sausage 1/2 c Pasta Salad 1 c Watermelon 1/2 c Pea Salad	3 oz Hamburger Steak with Gravy 1/2 c Creamy Mashed Potatoes 1/2 c Vegetable Medley	3 oz Baked Cod Fillet 3 oz French Fries 1/2 c Mixed Vegetables	3 oz Pork Roast with Gravy 1/2 c Garlic Mashed Potatoes 1/2 c Green Bean Casserole
D I N N E R	1 c Beef Goulash 1/2 c Peaches	2 oz Chicken Nuggets 1/2 c Berry Jello 3 - Onion Rings	1 - Ham and Pickle Sandwich 1/2 c Assorted Fruit 1 oz Chips	1 c Beef Stroganoff 1 - Baked Roll	1 c Ham and Potato Soup 1/2 c Jello Salad 1 oz Crackers	1 - Croissant Cheese Sandwich 1/2 c Vegetable Pasta Salad	1 c Baked Spaghetti 1/2 c Mandarin Oranges 1 oz Garlic Bread
	Milk offered at every meal						Week 3

File this copy



Weekly Menu

Union Court MC



	Sun 07-09-2023	Mon 07-10-2023	Tue 07-11-2023	Wed 07-12-2023	Thu 07-13-2023	Fri 07-14-2023	Sat 07-15-2023
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 Roast 1/2 c Classic Mashed Potatoes 1/2 c Vegetable Medley	1 c Beef and Bean Dish 1/2 c Vegetable Medley 1 - Baked Tortilla Chips	3 oz Baked Ham 1/2 c Baked Yams 1/2 c Vegetable Medley	1 - Hot Dog 1/2 c Potato Salad 1 c Watermelon	1 c Chicken Alfredo Pasta 1/2 c Steamed Broccoli 1 oz Garlic Bread	3 oz Baked Cod Fillet 3 oz French Fries 1/2 c Vegetable Medley	3 oz Marinated Turkey 1/2 c Fresh Mashed Potatoes 1/2 c Vegetable Medley
DINNER	1 - Sloppy Joes 1/2 c Fruit Cocktail 1 oz Chips	2 c Chef Salad 1/2 c Berry Jello 1 - Garlic Breadsticks	1 c Beef Goulash 1/2 c Mixed Fruit Medley 1/2 c Butterscotch Pudding	1 c Beef Barley Soup 1 c LF Green Salad	1 - BLT Sandwich 1/2 c Berry Jello 1 oz Potato Chips	1 - Classic Turkey Sandwich 1/2 c Berry Jello 1/2 c Pasta Salad	1 - Egg Salad Croissant 1/2 c Berry Jello 1 oz Chips
	Milk offered at every meal						Week 1

File this copy

Weekly Menu

Union Court MC



	Sun 07-16-2023	Mon 07-17-2023	Tue 07-18-2023	Wed 07-19-2023	Thu 07-20-2023	Fri 07-21-2023	Sat 07-22-2023
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 Beef Roast 1/2 c Creamy Mashed Potatoes 1/2 c Buttery Carrots	3 oz Pork Roast with Gravy 1/2 c Homestyle Stuffing 1/2 c Harvard Beets	3 oz Beef Tips 1/2 c Buttered Noodles 1/2 c Roasted Asparagus	1 - Hamburger 'N Fixin's 1 c Watermelon 2/3 c Garden Pasta Salad	3 oz Meatballs 1/2 c Roasted Yams 1/2 c Steamed Cauliflower	3 oz Baked Cod Fillet 3 oz French Fries 1/2 c Vegetable Medley	3 oz Smothered Chicken Breasts 1/2 c AuGratin Potatoes 1/2 c Vegetable Medley
D I N N E R	1 c Chicken and Noodles 1 - Baked Roll	1 - Classic Turkey Sandwich 3 oz BBQ Little Smokies 1/2 c Mandarin Oranges	1/2 c Classic Chicken Salad 1/2 c Fruit 1 oz Crackers	1 - BBQ Sloppy Joe on a Bun 1 c LF Green Salad	1 c Classic Chicken Noodle Soup 1/2 c Fruit Toss 1 oz Crackers	1 c Hungarian Goulash 1 - Bread	1 c Spaghetti and Meat Sauce 1 - Breadsticks
	Milk offered at every meal						Week 2

File this copy

Weekly Menu

Union Court MC



	Sun 07-23-2023	Mon 07-24-2023	Tue 07-25-2023	Wed 07-26-2023	Thu 07-27-2023	Fri 07-28-2023	Sat 07-29-2023
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 - Banana 1/2 c 100% Juice 1 slice Whole Grain Toast
	3 oz BBQ Pork Ribs 1 - Baked Sweet Potato 1/2 c Buttery Carrots	3 oz Cube Steak and Gravy 1/2 c Creamy AuGratin Potatoes 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 Potato Salad 1/2 c Pea Salad	1 c Chicken Stir-Fry and Rice 1/2 c Garlic Green Beans	1 - Crispy Fish Sandwich 1/2 c Cracker Crusted Mac and Cheese 1/2 c California Blend	3 oz Glazed Pork Roast 1/2 c Classic Mashed Potatoes 1/2 c Vegetable Medley
D I N N E R	1 c Beef Chili 1/2 c Assorted Fruit 1 - Baked Roll	1 - Egg Salad Sandwich 1/2 c Fruit 1 c LF Green Salad	3/4 c Hamburger Gravy 1/2 c Fruit Cup 1/2 c Garlic Herb Mashed Potatoes	1 c Classic Beef Stew 1 c Fresh Fruit 1 - Baked Roll	3 oz Homestyle Turkey 1 - Fruit Cup 1/2 c Homestyle Stuffing	2 c Grilled Chicken Salad 1 - Breadsticks	2 - Ham and Cheese Roll Ups 3 oz BBQ Little Smokies 1 oz Chips
	Milk offered at every meal						Week 3

File this copy