



	Sun 07-30-2023	Mon 07-31-2023	Tue 08-01-2023	Wed 08-02-2023	Thu 08-03-2023	Fri 08-04-2023	Sat 08-05-2023
<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 Roast 1/2 c Herb Mashed Potatoes 1/2 c Baby Carrots	3 oz Slow Roasted Carved Turkey 1/2 c Homestyle Stuffing 1/2 c Oven Roasted Broccoli	3 oz Creamy Herbed Pork Chops 1 - Baked Sweet Potato 1/2 c Beets	1 - Hamburger 'N Fixin's 1/2 c Potato Salad 1/2 c Broccoli Coleslaw	3 oz Garlic Herb Pork Roast 1/2 c Garlic Roasted Potatoes 1/2 c Cauliflower with Cheese Sauce	3 oz Baked Cod Fillet 1/2 c Cracker Crusted Mac and Cheese 1/2 c Grilled Asparagus	3 oz Bacon Ranch Chicken 1/2 c Seasoned Zucchini
<b>D I N N E R</b>	1 c Ham and Potato Soup 1/4 c Jello Salad 1 - Baked Roll	1 c Baked Spaghetti 1/2 c Berry Jello 1 oz Garlic Bread	1 c Macaroni Tuna Dish 1/2 c Fruit 1 oz Crackers	1 - Hot Roast Beef Sandwich 1/2 c Jello Salad 1/2 c Cheesy Mashed Potatoes	1 - Hawaiian Ham Sliders 1/2 c Spring Fruit Cup 1 oz Chips	2 c Chef Salad 1/2 c Mixed Melons 1 oz Garlic Bread	3 oz Baked Meatballs with Gravy 1/2 c Fruit 1/2 c Brown Rice
	Milk offered at every meal						

File this copy

Week 4



	Sun 08-06-2023	Mon 08-07-2023	Tue 08-08-2023	Wed 08-09-2023	Thu 08-10-2023	Fri 08-11-2023	Sat 08-12-2023
<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 Chicken Thigh Bake 1/2 c Baked Fried Potatoes 1/2 c Vegetable Medley	1 c Stuffed Shells 1 c LS Green Salad 1 - Breadsticks	3 oz Sauteed Meatballs 1 c Garden Green Salad 1 oz Garlic Bread	1 - Pork Kabobs 1/2 c Delicious Rice	1 c Hot Dog Casserole 1/2 c Vegetable Medley	3 oz Grilled Shrimp 1 c Chicken Stir-Fry and Rice 1/2 c Steamed Broccoli	1 c Thai Peanut Chicken Bowl 1/2 c Classic Mashed Potatoes 1/2 c Corn
<b>D I N N E R</b>	1 c Beef Goulash 1/2 c Fruit	1 - Hot Meatloaf Sandwich 1/2 c Creamy Mashed Potatoes	1 - Ham and Pickle Sandwich 1 - Fruit Cup 1 oz Chips	1 - Pork Tenderloin Sandwich 1/2 c Berry Jello	1 - Hot Roast Beef Sliders 1/2 c Vegetable Pasta Salad	1 c Taco Soup 1 - Fruit Cup	1 - Chicken Salad and Crackers 1/2 c Fruit
	Milk offered at every meal						Week

File this copy



# Weekly Menu

## Union Court MC



	Sun 08-13-2023	Mon 08-14-2023	Tue 08-15-2023	Wed 08-16-2023	Thu 08-17-2023	Fri 08-18-2023	Sat 08-19-2023
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 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 Scalloped Potatoes 1/2 c Vegetable Medley	1 - Hot Dog 1/2 c Potato Salad 1 c Watermelon	3 oz Homestyle Turkey 1/2 c Creamy Mashed Potatoes 1/2 c Vegetable Medley	3 oz Brown Sugar Meatloaf 1/2 c Cracker Crusted Mac and Cheese 1/2 c Vegetable Medley	1 c Chicken Alfredo Pasta 1/2 c Steamed Broccoli 1 oz Garlic Bread
D I N N E R	1 - Sloppy Joes 1/2 c Fruit Cocktail 1 oz Chips	1 - Bologna Sandwich 1/2 c Berry Jello 1 oz Chips	2 c Chef Salad 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 1/2 c Vegetable Pasta Salad	1 c Chicken and Noodles 1/2 c Berry Jello 1 - Baked Roll	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 08-20-2023	Mon 08-21-2023	Tue 08-22-2023	Wed 08-23-2023	Thu 08-24-2023	Fri 08-25-2023	Sat 08-26-2023
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 Baked Ham 1/2 c Cheesy Scalloped Potatoes 1/2 c Vegetable Medley	1 - Chicken Tacos 1/2 c Delicious Rice	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 Cube Steak and Gravy 1/2 c Noodles 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 - Bologna Sandwich 1/2 c Assorted Fruit 1 c Green Salad	3 oz Grilled Chicken 1/2 c Fruit 1 c Lettuce Tomato Salad 1 - Breadsticks	1 - All Beef Hot Dog 1/2 c Fruit 1/2 c Baked Beans	1 - Open Face Hot Turkey Sandwich 1/2 c Fruit	1 - BBQ Pulled Pork 1/2 c Fruit Toss 1/2 c Coleslaw	1 c Beef 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 08-27-2023	Mon 08-28-2023	Tue 08-29-2023	Wed 08-30-2023	Thu 08-31-2023	Fri 09-01-2023	Sat 09-02-2023
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 Chicken Thigh Bake 1/2 c Fresh Mashed Potatoes 1/2 c Vegetable Medley	3 oz Herb Roasted Turkey 1/2 c Herb Mashed 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 c Watermelon	3 oz Baked Ranch Cod Nuggets 3 - Onion Rings 1/2 c Vegetable Medley	3 oz Brown Sugar Meatloaf 1/2 c Herb Roasted Red Potatoes 1/2 c California Blend	1 Pc 3" Classic Lasagna 1 c LF Green Salad 1 slice Garlic Bread
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 1/2 c Greek Pasta Salad	1 - Hot Roast Beef Sliders 1/2 c Fruit Cup 1 c LF Green Salad	1 - Turkey Croissant Sandwich 1 c Fresh Fruit 1 oz Chips	1 c Baked Spaghetti 1 - Fruit Cup 1 oz Garlic Bread	1 - Party Pizza 1 c LF Green Salad	3 oz Bread Crumb Chicken 1 c Green Salad
	Milk offered at every meal						Week 3

File this copy