



	Sun 09-03-2023	Mon 09-04-2023	Tue 09-05-2023	Wed 09-06-2023	Thu 09-07-2023	Fri 09-08-2023	Sat 09-09-2023
<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	1 - Hot Dog 1/2 c Potato Salad 1 c Watermelon	1 c American Chop Suey	3 oz Chicken Thigh Bake 1/2 c Glazed Sweet Potatoes 1/2 c Vegetable Medley	3 oz Salmon Patty 1/2 c Fresh Mashed Potatoes 1/2 c Corn	3 oz Grilled Shrimp 1 c Chicken Stir-Fry and Rice 1/2 c Vegetable Medley	3 oz BBQ Pork Ribs 1/2 c Garlic Roasted Potatoes 1/2 c Vegetable Medley
<b>D I N N E R</b>	1 - Bologna Sandwich <i>and</i> 3 oz BBQ Little Smokies 1/4 c Jello Salad	1 c Baked Spaghetti 1/2 c Berry Jello 1 oz Garlic Bread	3 oz Herb Crusted Turkey 1/2 c Fruit 1/2 c Garlic Mashed Potatoes	1 c Hearty Beef Stew 1/2 c Jello Salad 1 - Baked Roll	1 - Hawaiian Ham Sliders 1/2 c Spring Fruit Cup 1 oz Chips	1 - Chicken Salad on Croissant 1 - Fruit Cup 1 oz Chips	3 oz Baked Meatballs with Gravy 1/2 c Fruit 1/2 c Brown Rice
	Milk offered at every meal						Week 4

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# Weekly Menu

## Union Court MC



	Sun 09-10-2023	Mon 09-11-2023	Tue 09-12-2023	Wed 09-13-2023	Thu 09-14-2023	Fri 09-15-2023	Sat 09-16-2023
<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
	Pc 3" Classic Lasagna 1 c LF Green Salad 1 - Breadsticks	3 oz Grilled Polish Sausage 1/2 c Garlic Roasted Potatoes 1/2 c Vegetable Medley	3 oz Herb Crusted Turkey 1/2 c Homestyle Stuffing 1/2 c Vegetable Medley	3 oz Autumn Pot Roast 1/2 c Herb Mashed Potatoes 1/2 c Buttery Carrots	3 oz Baked Ham 1/2 c Cheesy Scalloped Potatoes 1/2 c Vegetable Medley	1 c Chicken and Noodles 1/2 c Vegetable Medley	1 - Hamburger 'N Fixin's 3 - Onion Rings 1 c Watermelon
<b>D I N N E R</b>	1/2 c Fruit	1 - Hot Meatloaf Sandwich 1/2 c Creamy Mashed Potatoes	1 c Classic Chicken Noodle Soup 1 - Fruit Cup 1 - Baked Roll	1 c Ham and Potato Soup 1/2 c Berry Jello 1 - Baked Roll	1 - Hawaiian Ham Sliders 1/2 c Vegetable Pasta Salad	1 - Open Face Turkey Sandwich 1/2 c Herb Mashed Potatoes	1 - Roast Beef Sandwich 1/2 c Fruit
	Milk offered at every meal						Week 5

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# Weekly Menu

## Union Court MC



	Sun 09-17-2023	Mon 09-18-2023	Tue 09-19-2023	Wed 09-20-2023	Thu 09-21-2023	Fri 09-22-2023	Sat 09-23-2023
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 - Chicken Salad on Croissant 1/2 c Fruit Cocktail 1 oz Chips	1 - Bologna Sandwich 1/2 c Berry Jello 1 oz Chips	1 - Tuna Salad Sandwich 1/2 c Mixed Fruit Medley 1 oz Chips 1/2 c Butterscotch Pudding	1 c Beef Barley Soup 1 c LF Green Salad 1 - Bread	1 - BLT Sandwich 1/2 c Berry Jello 1/2 c Vegetable Pasta Salad	2 c Taco Salad 1/2 c Berry Jello 1 - Breadsticks	1/2 c Berry Jello 1 oz Chips
	Milk offered at every meal						Week 1

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# Weekly Menu

## Union Court MC



	Sun 09-24-2023	Mon 09-25-2023	Tue 09-26-2023	Wed 09-27-2023	Thu 09-28-2023	Fri 09-29-2023	Sat 09-30-2023
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	1 c Taco Casserole 1/2 c Applesauce	1 c American Chop Suey	1 - Beer Braised Sausage and Sauerkraut 1/2 c Vegetable Medley	3 oz Meatballs 1/2 c Roasted Yams 1/2 c Steamed Cauliflower	3 oz Hawaiian Chicken 1/2 c Brown Rice 1/2 c Vegetable Medley	3 oz Baked Cod Fillet 3 - Onion Rings 1/2 c Vegetable Medley
D I N N E R	1/2 - LF Turkey Club Sandwich 1/2 c Grapes 1 oz Chips	3 oz Grilled Chicken 1/2 c Fruit 1 c Lettuce Tomato Salad 1 - Breadsticks	1 - Hot Dog 1/2 c Fruit 1/2 c Baked Beans	1 c Campfire Stew 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

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