



	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 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 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
D I N N E R	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 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
	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
D I N N E R	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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