

# Weekly Menu

Union Court MC



	Sun 10-29-2023	Mon 10-30-2023	Tue 10-31-2023	Wed 11-01-2023	Thu 11-02-2023	Fri 11-03-2023	Sat 11-04-2023
<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 Autumn Pot Roast 1/2 c Creamy Mashed Potatoes 1/2 c Buttery Carrots	3 oz Bacon Ranch Chicken 1 - Baked Sweet Potato 1/2 c Vegetable Medley	3 oz Beef Tips in Gravy 1/2 c Noodles 1/2 c Baked Squash	3 oz Turkey Roast with Stuffing 1/2 c Homestyle Stuffing 1/4 c Cranberry Sauce	1 - Crispy Fish Sandwich 3 oz French Fries 1/2 c Coleslaw	2/3 c Braised Pork 1/2 c Cracker Crusted Mac and Cheese 1/2 c Vegetable Medley	Pc 3" Classic Lasagna 1 c Green Salad 1 oz Garlic Bread
<b>D I N N E R</b>	1 - English Muffin Cheese Pizzas	1 - Sloppy Joes 1/2 c Coleslaw	1 c Cheese Tortellini 1/2 c Assorted Fruit	1 c Autumn Ham Soup 1 - Veggie Flatbread Pizza 1/2 c Peach Fruit Cup	1 c Chicken and Noodles 1 - Fruit Cup	1 - BLT Sandwich 1/2 c Vegetable Pasta Salad	1 c Beef Chili 1 - Fruit Cup 1 - Bread
	Milk offered at every meal						Week 4

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# Weekly Menu

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	Sun 11-05-2023	Mon 11-06-2023	Tue 11-07-2023	Wed 11-08-2023	Thu 11-09-2023	Fri 11-10-2023	Sat 11-11-2023
<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 Creamy Mashed Potatoes 1/2 c Buttery Carrots	3 oz Herb Crusted Turkey 1/2 c Homestyle Stuffing 1/4 c Cranberry Sauce 1/2 c Vegetable Medley	3 oz Pork Roast with Gravy 1/2 c Classic Mashed Potatoes 1/2 c Vegetables	3 oz Hawaiian Chicken 1/2 c Rice 1/2 c Steamed Broccoli	3 oz Baked Cod Fillet 4 oz Waffle Fries 1/2 c Vegetable Medley	3 oz Classic Meatloaf 1/2 c Cracker Crusted Mac and Cheese 1/2 c Vegetable Medley	3 oz Baked Ham 1/2 c AuGratin Potatoes 1/2 c Baked Squash
<b>D I N N E R</b>	1 c Beef and Vegetable Soup 1/2 c Fruit Cocktail 1 - Cornbread Muffin	1 c Beef Goulash 1/4 c Jello Salad 1 - Bread	1 - Hawaiian Ham Sliders 1/2 c Fruit Cocktail 1/2 c Sweet Potato Fries	1 c Beef Barley Soup 1/2 c Berry Jello 1 - Baked Roll	5 oz Three Cheese Ravioli 1/2 c Assorted Fruit 1 - Garlic Breadsticks	1 - Bologna Sandwich 1/2 c Vegetable Pasta Salad 1 oz Chips	1 c Chicken and Noodles 1/2 c Fruit 1 - Bread
	Milk offered at every meal						Week 5

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