



	Sun 10-01-2023	Mon 10-02-2023	Tue 10-03-2023	Wed 10-04-2023	Thu 10-05-2023	Fri 10-06-2023	Sat 10-07-2023
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
	1 c Beef and Bean Dish 1 - Corn Tortilla	3 oz Herb Roasted Turkey 1/2 c Herb Mashed Potatoes 1/2 c Vegetable Medley	1 c American Chop Suey 1 - Spring Egg Roll	3 oz Brown Sugar Meatloaf 1/2 c Cracker Crusted Mac and Cheese 1/2 c Vegetable Medley	3 oz Baked Cod Fillet 3 - Onion Rings 1/2 c Vegetable Medley	1 c Chicken Stir-Fry and Rice 3 oz Grilled Shrimp 1/2 c Brown Rice 1/2 c California Blend	Pc 3" Classic Lasagna 1 c LF Green Salad 1 slice Garlic Bread
D I N N E R	1 c Basic Ham and Bean Soup 1/2 c Assorted Fruit 1 - Baked Roll	1 - Egg Salad Sandwich 1/2 c Fruit 1 c LF Green Salad	1 - Meatball Sub Sandwich 1/2 c Fruit Cup 1 c LF Green Salad	1 c Chicken Rice Soup 1 c Fresh Fruit 1 - Baked Roll	1 - Open Face Hot Turkey Sandwich 1 - Fruit Cup	1 c Beef Chili 1/2 c Berry Jello 1 - Bread	1 - Ham Sandwich 1/2 c Assorted Fruit 1 oz Chips
	Milk offered at every meal						

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	Sun 10-08-2023	Mon 10-09-2023	Tue 10-10-2023	Wed 10-11-2023	Thu 10-12-2023	Fri 10-13-2023	Sat 10-14-2023
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 Pot Roast 1/2 c Creamy Mashed Potatoes 1/2 c Buttery Carrots	3 oz Marinated Pork Roast 1/2 c Cracker Crusted Mac and Cheese 1/2 c Green Bean Casserole	3 oz Baked Ham 1/2 c Corn Casserole	1 - Hamburger 'N Fixin's 1/2 c Potato Salad	1 c Baked Omelet 1 - Hash Brown 1 c Fresh Fruit 1 - Petite Cinnamon Roll	1-1/2 c Pork Stir-Fry 1/2 c Brown Rice 1/2 c Vegetable Medley	1 - Chicken Cordon Bleu 1/2 c Red Potatoes 1/2 c Vegetable Medley
D I N N E R	1 c Hamburger Soup 1 - Baked Roll	1 - Sloppy Joes 1/2 c Berry Jello 1/2 c Coleslaw	1 - Hawaiian Ham Sliders 3 oz BBQ Little Smokies 1/4 c Pickle Chips 1 oz Chips	1 c Beef Barley Soup 1 c Green Salad 1 - Baked Roll	1 c Cheese Tortellini 1 c LS Green Salad	1 c Baked Spaghetti 1 - Breadsticks	1 - Reuben Sandwich 2/3 c Garden Pasta Salad
	Milk offered at every meal						Week 1

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Weekly Menu

Union Court MC



	Sun 10-15-2023	Mon 10-16-2023	Tue 10-17-2023	Wed 10-18-2023	Thu 10-19-2023	Fri 10-20-2023	Sat 10-21-2023
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	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice
	3 oz Glazed Baked Ham 1/2 c Scalloped Potatoes 1/2 c Vegetable Medley	3 oz Bacon Ranch Chicken 1/2 c Red Potatoes 1/2 c Vegetable Medley	3 oz Homestyle Turkey 1/2 c Homestyle Stuffing 1/4 c Cranberry Sauce 1/2 c Green Beans	3 oz Herb Seasoned Pork 1/2 c Scalloped Potatoes 1/2 c Bacon Brussels Sprouts	3 oz Hamburger Steak and Onions 3 oz Steamed Red Potatoes 1/2 c Maple Roasted Carrots	3 oz Baked Cod Fillet 1/2 c Potato Wedges 1/2 c Vegetable Medley	1 c Garlic Chicken Fried Rice 1/2 c Herb Roasted Vegetables
D I N N E R	1 - Hot Dog 1/2 c Assorted Fruit 1 oz Chips	1 c Basic Ham and Bean Soup 1/2 c Fresh Fruit Cup 1 c Green Salad	5 oz Three Cheese Ravioli 1/2 c Pears 1 - Baked Roll	1 - Hot Roast Beef Sandwich 1/2 c Raspberry Jello Salad 1/2 c Fresh Mashed Potatoes	1 - Caprese Chicken Sandwich 1/2 c Assorted Fruit	1 c Beef Barley Soup 1/2 c Berry Jello 1 - Baked Roll	1/2 - Philly Steak Sandwich 1/2 c Cucumber Fruit Salad 1 oz Chips
	Milk offered at every meal						Week 2

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Weekly Menu

Union Court MC



	Sun 10-22-2023	Mon 10-23-2023	Tue 10-24-2023	Wed 10-25-2023	Thu 10-26-2023	Fri 10-27-2023	Sat 10-28-2023
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 Pot Roast 1/2 c Classic Mashed Potatoes 1/2 c Baby Carrots	1 c Taco Cornbread Casserole 1/2 c Applesauce	3 oz Baked Ham 1/2 c Baked Yams 1/2 c Oven Roasted Cauliflower	1 - Open Faced Hamburger 1/2 c Classic Mashed Potatoes 1/2 c Mixed Vegetables	3 oz Salmon Patty 1/2 c Cheesy Mashed Potatoes 1/2 c Peas	1 c Chicken Alfredo Bake 1/2 c Vegetable Medley 1 - Breadsticks	1 c Beef Chili 1 - Baked Potato
D I N N E R	1 - Ham Sandwich 1/2 c Assorted Fruit 1 oz Chips	1 - BBQ Pulled Pork 1/2 c Pear Fruit Compote 1/2 c Coleslaw	1/2 - Meatball Sub 1/2 c Vegetable Pasta Salad	1 c Beef Stroganoff and Noodles 1/2 c Fall Fruit Salad	1 c Classic Chicken Noodle Soup 1 - Fruit Cup	2 - Ham and Cheese Roll Ups 1/2 c Lime Jello with Fruit Cocktail	1 - Tuna Sandwich 2/3 c Tomato Soup
	Milk offered at every meal						Week 3

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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 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 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
D I N N E R	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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