

Weekly Menu

Union Court MC



| | 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 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 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 |
| D I N N E R | 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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Weekly Menu

Union Court MC



| | Sun 11-12-2023 | Mon 11-13-2023 | Tue 11-14-2023 | Wed 11-15-2023 | Thu 11-16-2023 | Fri 11-17-2023 | Sat 11-18-2023 |
|--|---|---|---|---|---|---|---|
| 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 Grilled Polish Sausage 1/2 c Roasted Red Potatoes 1/2 c Vegetable Medley | 3 oz Breaded Chicken Breast 1/2 c Garlic Herb Mashed Potatoes 1 c BLT Salad | 1 - Open Faced Hamburger 1/2 c Herb Mashed Potatoes 1/2 c Baked Squash | 3 oz Country Fried Steak with Gravy 1/2 c AuGratin Potatoes 1/2 c Vegetable Medley | 1 c Ham and Potato Soup 1 c Classic Chicken Noodle Soup 1 c LF Green Salad 1 - Bread | 3 oz Baked Cod Fillet 4 oz Waffle Fries 1/2 c Vegetable Medley |
| D I N N E R | 1 c Hamburger Soup 1/2 c Assorted Fruit 1 - Baked Roll | 1 - Sloppy Joes 1/2 c Berry Jello 1 oz Chips | 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 - Caprese Chicken Sandwich 1 c LS Green Salad | 1 - Open Face Hot Turkey Sandwich 1/2 c Fruit | 1 c Baked Spaghetti 1 - Breadsticks |
| | Milk offered at every meal | | | | | | Week 1 |

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| | Sun 11-19-2023 | Mon 11-20-2023 | Tue 11-21-2023 | Wed 11-22-2023 | Thu 11-23-2023 | Fri 11-24-2023 | Sat 11-25-2023 |
|--|---|--|--|---|--|--|--|
| 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 1 - Buttermilk Cinnamon Rolls | 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 Glazed Pork Roast 1/2 c Garlic Mashed Potatoes 1/2 c Vegetable Medley | 1 - All Beef Hot Dog 1/2 c Baked Beans with Bacon 1/2 c Vegetable Medley | Thanksgiving 3 oz Herb Crusted Turkey 1/2 c Herb Mashed Potatoes 1/2 c Cranberry Salad 1/2 c Green Bean Casserole 1 - Baked Roll 1 slice Half Pumpkin Pie | 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 | 1 c Cheese Tortellini 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 - Hawaiian Ham Sliders 1/2 c Assorted Fruit 2/3 c Garden Pasta Salad | 1 c Beef Barley Soup 1/2 c Berry Jello 1 - Baked Roll | 1 - Sloppy Joes 1/2 c Berry Jello 1 oz Chips |
| | Milk offered at every meal | | | | | | Week 2 |

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| | Sun 11-26-2023 | Mon 11-27-2023 | Tue 11-28-2023 | Wed 11-29-2023 | Thu 11-30-2023 | Fri 12-01-2023 | Sat 12-02-2023 |
|--|---|---|---|---|---|---|---|
| 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 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast |
| | 1 c Bacon Beef and Bean Bake | 1 c Taco Combread Casserole 1/2 c Applesauce | 3 oz Baked Ham 1/2 c Sweet Yams 1/2 c Oven Roasted Cauliflower | 3 oz Ham Steaks 1/2 c Mixed Vegetables | 3 oz Country Fried Steak with Gravy 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 - Chicken Caprese Slider 1/2 c Assorted Fruit 1 oz Chips | 1/2 c Egg Salad 1/2 c Pear Fruit Compote 1/2 c Italian Pasta Salad | 1/2 - Meatball Sub 1/2 c Vegetable Pasta Salad | 1 c Beef Goulash 1/2 c Assorted Fruit 1 - Baked Roll | 1 c Classic Chicken Noodle Soup 1 - Classic Turkey Sandwich 1 - Fruit Cup | 2 - Ham and Cheese Roll Ups 1/2 c Assorted Fruit | 1 - Tuna Sandwich 2/3 c Tomato Soup |
| | Milk offered at every meal | | | | | | Week 3 |

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