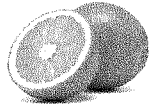


Weekly Menu

Union Court MC



	Sun 02-04-2024	Mon 02-05-2024	Tue 02-06-2024	Wed 02-07-2024	Thu 02-08-2024	Fri 02-09-2024	Sat 02-10-2024
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 - Fresh Biscuit	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 Brown Sugar Meatloaf 1/2 c AuGratin Potatoes 1/2 c Vegetable Medley	3 oz Beef Roast 1/2 c Classic Mashed Potatoes 1/2 c Buttery Carrots	1 - Bologna Sandwich 1/2 c Red Potatoes 1 - Bread	1 slice Crazy Crust Pizza 1 c Bacon Lettuce Salad	1 c Shrimp Scampi 3 oz Chicken Scampi 1/2 c Vegetable Medley	1 - Open Faced Hamburger 1/2 c Fresh Mashed Potatoes 1/2 c Vegetable Medley	3 oz Chicken Parmesan 1/2 c Mixed Vegetables
D I N N E R	2 oz Chicken Nuggets 3 oz French Fries	2 - Reuben Crescents 1/2 c Pears	1 c Baked Beef Ravioli 1 oz Garlic Bread	1 - Hot Turkey Sandwich with Gravy	1 - Classic Tuna Salad Sandwich 1/2 c Berry Jello 1 oz Chips	1 c Unstuffed Pepper Soup 1/2 c Egg Salad 1 - Bread	1 - Ham Sandwich 2/3 c Garden Vegetable Soup
	Milk offered at every meal						Week 4

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	Sun 02-11-2024	Mon 02-12-2024	Tue 02-13-2024	Wed 02-14-2024	Thu 02-15-2024	Fri 02-16-2024	Sat 02-17-2024
B R E A K F A S T	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	Fat Tuesday 1 - Assorted Donuts 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	Valentines Day 1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
	1 - Chili Coney Dog 1/2 c Baked Beans 1 oz Chips	1 c Chicken Fettuccine Alfredo 1 oz Garlic Bread	1 - Grilled Cheese Sandwich 2/3 c Tomato Soup	1 c Broccoli Cheese Soup 1 c Classic Beef Stew 1 c Caesar Salad 1 - Baked Roll	1 c American Chop Suey 1/2 c Brown Rice	3 oz Baked Cod Fillet 3 oz French Fries 1/2 c Vegetable Medley	3 oz Bacon Ranch Chicken 1/2 c Roasted Potato Medley 1/2 c California Blend
D I N N E R	1 c Beef Chili 1/2 c Pear Fruit Cup 1 - Bread	1 - Homestyle Sloppy Joes 1/2 c Fruit Compote	1 - Hot Turkey Sandwich with Gravy 1/2 c Mandarin Oranges	1 - Egg Salad Sandwich 1/2 c Fruit 1 oz Chips	1 - Roast Beef Sandwich 1/2 c Fresh Fruit Salad 1 oz Chips	1/2 c Tuna Salad 1 - Veggie Flatbread Pizza 1/2 c Fruit	1 c Beef Goulash 1/2 c Fruit Cocktail 1 - Garlic Breadsticks
	Milk offered at every meal						Week 5

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Weekly Menu

Union Court MC



	Sun 02-18-2024	Mon 02-19-2024	Tue 02-20-2024	Wed 02-21-2024	Thu 02-22-2024	Fri 02-23-2024	Sat 02-24-2024
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 Classic Mashed Potatoes 1/2 c Buttery Carrots	1 c Chicken and Noodles 1/2 c Mixed Vegetables	1 - Beer Braised Sausage and Sauerkraut 1/2 c Macaroni and Cheese	3 oz Citrus Glazed Ham 1/2 c Scalloped Potatoes 1/2 c Steamed Broccoli	3 oz Herb Crusted Pork Roast 1/2 c Classic Mashed Potatoes 1/2 c Vegetable Medley	3 oz Melt In Your Mouth Chicken 1/2 c Baked Beans 1/2 c Normandy Blend	1 - Beef Taco <i>Rice</i>
D I N N E R	1 c Turkey Noodle Soup 1/2 c Peach Fruit Cup 1 - Baked Roll	1 - Pulled Pork Sandwich 1/2 c Corn Casserole	1 c Cheese Ravioli with Pasta Sauce 1 oz Garlic Bread	1 - BLT Sandwich 1/2 c Vegetable Pasta Salad	1/2 - Meatball Sub 1/2 c Cottage Cheese	1/2 c Egg Salad 1/2 c Assorted Fruit	1 c Chili 1/2 c Fruit 1 - Bread
	Milk offered at every meal						

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Week 1

Weekly Menu

Union Court MC



	Sun 02-25-2024	Mon 02-26-2024	Tue 02-27-2024	Wed 02-28-2024	Thu 02-29-2024	Fri 03-01-2024	Sat 03-02-2024
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	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 Beef Stroganoff 1/2 c Vegetable Medley	1 c Chicken and Stuffing with Gravy 1/2 c Vegetables	3 oz Country Fried Steak with Gravy 1/2 c Classic Mashed Potatoes 1/2 c Corn	1-1/2 c Pork Stir-Fry 1/2 c Brown Rice 1 - Spring Egg Roll	3 oz Creamy Spinach Turkey Meatballs 1/2 c Macaroni and Cheese 1/2 c Vegetable Medley	3 oz Baked Fish Fillet 3 - Onion Rings 1/2 c Mixed Vegetables	3 oz Baked Ham 1/2 c Red Potatoes 1/2 c Vegetable Medley
D I N N E R	1 c American Goulash 1/2 c Assorted Fruit 1 oz Garlic Bread	1 - Open Face Hot Turkey Sandwich 1/2 c Fruit Cup	1 c Classic Chicken Noodle Soup 1 - Ham Sandwich 1 - Fruit Cup	1 - Sloppy Joes 1/2 c Mandarin Oranges 1 oz Chips	5 oz Three Cheese Ravioli 1/2 c Assorted Fruit 1 oz Garlic Bread	1/2 c Egg Salad 1/2 c Fruit 1 oz Chips	1 c Chicken and Noodles
	Milk offered at every meal						Week 2

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