



	Sun 03-03-2024	Mon 03-04-2024	Tue 03-05-2024	Wed 03-06-2024	Thu 03-07-2024	Fri 03-08-2024	Sat 03-09-2024
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 Pepper Steak 1/2 c Noodles 1/2 c Vegetable Medley	3 oz Garlic Herb Pork Roast 1/2 c Classic Mashed Potatoes 1/2 c Buttered Squash	1 - Hot Dog 1/2 c Baked Beans 1/2 c BLT Pasta Salad	1 c Thai Peanut Chicken Bowl 1/2 c Classic Mashed Potatoes 1/2 c Corn	1 - Hamburger 'N Fixin's 1/2 c Roasted Red Potatoes 1/2 c Peas	3 oz Baked Cod Fillet 3 oz French Fries 1/2 c Coleslaw	1 c Garlic Chicken Fried Rice 1 - Spring Egg Roll
D I N N E R	1 c Baked Spaghetti 1/2 c Assorted Fruit 1 oz Garlic Bread	2 - Ham and Cheese Roll Ups 1 c Hamburger Soup 1/2 c Assorted Fruit	1/2 c Chicken Salad 1/2 c Citrus Fruit Salad 1 oz Crackers	1 - Bologna Sandwich 1/2 c Assorted Fruit 2/3 c Broccoli Cheese Soup	1 - Hot Roast Beef Sliders 1/2 c Assorted Fruit 3 - Onion Rings	1 c Tuna Pasta Salad 1 - Veggie Flatbread Pizza 1/2 c Assorted Fruit	3 oz Chicken Tenders 1 c Tater Tot Dish 1/2 c Berry Jello
	Milk offered at every meal						Week 3

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Weekly Menu

Union Court MC



	Sun 03-10-2024	Mon 03-11-2024	Tue 03-12-2024	Wed 03-13-2024	Thu 03-14-2024	Fri 03-15-2024	Sat 03-16-2024
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	10 oz Beef Stroganoff 1/2 c Vegetable Medley	3 oz Baked Ham 1/2 c Red Potatoes 1/2 c Vegetable Medley 1 - Bread	1 c Chicken and Noodles 1/2 c Vegetable Medley	1-1/2 c Pork Stir-Fry 1/2 c Brown Rice 1 - Spring Egg Roll	3 oz Baked Cod Fillet 3 oz French Fries	Pc 3" Classic Lasagna 1 c Garden Green Salad 1 slice Garlic Bread
D I N N E R	2 oz Chicken Nuggets 1/2 c Berry Jello 10 - Tater Tots	1 slice Crazy Crust Pizza 1 c Garden Green Salad	1 c Cheese Tortellini 1/2 c Fresh Fruit 1 oz Garlic Bread	1 - Hot Turkey Sandwich with Gravy 1/2 c Assorted Fruit	1 - Chicken Patty Sandwich 1/2 c Berry Jello 1 oz Chips	1/2 c Egg Salad 1/2 c Assorted Fruit 1/2 c Vegetable Pasta Salad	1 - Ham Sandwich 1/2 c Fruit 2/3 c Homestyle Beef Vegetable Soup
	Milk offered at every meal						Week 4

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	Sun 03-17-2024	Mon 03-18-2024	Tue 03-19-2024	Wed 03-20-2024	Thu 03-21-2024	Fri 03-22-2024	Sat 03-23-2024
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	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 GF 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 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast
	3 oz Corned Beef and Cabbage 1/2 c Boiled Potatoes 1/2 c Baby Carrots	1 c Classic Beef Stew 1 - Baked Roll	3 oz Baked Meatballs with Gravy 1/2 c Red Potatoes 1/2 c Vegetable Medley	3 oz Brown Sugar Meatloaf 1/2 c Macaroni and Cheese 1/2 c Vegetable Medley	3 oz Baked Ham 1/2 c Cheesy Scalloped Potatoes 1/2 c Vegetable Medley	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 Baked Spaghetti 1/2 c Pear Fruit Cup 1 oz Garlic Bread	1 c Ham and Potato Soup 1/2 c Fruit Compote 1 - Bread	1/2 c Chicken Salad 1/2 c Mandarin Oranges	3 oz Herb Crusted Turkey 1/2 c Fruit 1/2 c Classic Mashed Potatoes	1 c Baked Beef Ravioli 1/2 c Fresh Fruit Salad 1 c Garden Green Salad	1 - Tuna Sandwich 1/2 c Fruit 2/3 c Garden Pasta Salad	1 c Beef Goulash 1/2 c Fruit Cocktail 1 - Garlic Breadsticks
	Milk offered at every meal						Week 5

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	Sun 03-24-2024	Mon 03-25-2024	Tue 03-26-2024	Wed 03-27-2024	Thu 03-28-2024	Fri 03-29-2024	Sat 03-30-2024
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 Pepper Steak 1/2 c Noodles 1/2 c Corn	1 c Chicken and Noodles 1/2 c Mixed Vegetables	1 - Beer Braised Sausage and Sauerkraut 1/2 c Macaroni and Cheese	1 - Beef Taco 1/2 c Brown Rice	1 c Baked Spaghetti 1/2 c Vegetable Medley 1 oz Garlic Bread	3 oz Baked Cod Fillet 3 oz French Fries 1/2 c Normandy Blend	1 c Reuben Casserole 1 c Green Salad
D I N N E R	1 - Chipped Ham Sandwich 1/2 c Peach Fruit Cup 1/2 c Vegetable Pasta Salad	1 - Pulled Pork Sandwich 1/2 c Coleslaw	1 - Hot Roast Beef Sliders 1/2 c Assorted Fruit 3 - Onion Rings	2 - Ham and Cheese Roll Ups 1/2 c Assorted Fruit 1/2 c Vegetable Pasta Salad	2 oz Chicken Nuggets 1/2 c Fruit 3 - Onion Rings	1 c Potato Soup 1/2 c Assorted Fruit 1 oz Chips	1 c Classic Beef Stew 1/2 c Fruit 1 - Bread
Milk offered at every meal							Week 1

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