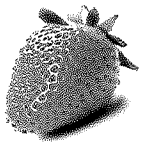


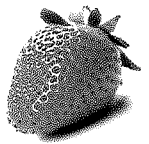
Weekly Menu

Union Court MC



	Sun 04-28-2024	Mon 04-29-2024	Tue 04-30-2024	Wed 05-01-2024	Thu 05-02-2024	Fri 05-03-2024	Sat 05-04-2024
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
	Pc 3" Lasagna 1 c Garden Green Salad	3 oz Garlic Herb Pork Roast 1/2 c Garlic Mashed Potatoes 1/2 c Peas	10 oz Beef Stroganoff 1/2 c Noodles 1/2 c Vegetable Medley	1 c Garlic Chicken Fried Rice 1/2 c French Cut Green Beans	1 - Grilled Cheese Sandwich 2/3 c Tomato Soup	3 oz Baked Cod Fillet 3 oz French Fries 1/2 c Coleslaw	1 c Pizza Pasta Casserole 1 c Garden Green Salad
D I N N E R	1 c Beef Noodle Soup 1/2 c Assorted Fruit 1 - Baked Roll	1 - Open Face Hot Turkey Sandwich 1/2 c Assorted Fruit	1 - Chicken Salad Sandwich 1/2 c Fruit 1/2 c Vegetable Pasta Salad	1 c Hamburger Soup 1/2 c Fruit 1 c Garden Green Salad	1 c Chicken and Noodles 1/2 c Assorted Fruit	2 c Chef Salad 1 - Breadsticks	1 - Tuna Melt 1/2 c Tomatoes with Cottage Cheese 1 oz Chips
	Milk offered at every meal						Week 3

File this copy



	Sun 05-05-2024	Mon 05-06-2024	Tue 05-07-2024	Wed 05-08-2024	Thu 05-09-2024	Fri 05-10-2024	Sat 05-11-2024
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
	1 - Beef Taco 1/2 c Fiesta Rice	3 oz Baked Ham 1 - Baked Sweet Potato 1/2 c Vegetable Medley	1 - Beef Stuffed Cabbage 1/2 c Mixed Vegetables	3 oz BBQ Meatloaf 1/2 c Seasoned Fried Potatoes 1/2 c Vegetable Medley	1 - Grilled Ham and Cheese Sandwich 1/2 c Potato Salad	3 oz Baked Cod Fillet 3 oz French Fries 1/2 c Coleslaw	3 oz Garlic Butter Shrimp Scampi 3 oz Chicken Scampi 1/2 c Vegetable Medley
D I N N E R	1 - BBQ Pulled Pork on a Bun 1/2 c Fruit Cocktail	1 c Baked Spaghetti 1/2 c Berry Jello 1 slice Garlic Bread	1 - Hot Roast Beef Sliders 1/2 c Vegetable Pasta Salad	2 c Chicken Strawberry Salad 1/2 c Assorted Fruit 1 - Garlic Breadsticks	1 - Meatball Sub Sandwich 1 c Garden Green Salad	1 slice Pepperoni Pizza 1 c Garden Green Salad	1/2 c Egg Salad 1/2 c Assorted Fruit 1 oz Chips
	Milk offered at every meal						Week 4

File this copy