

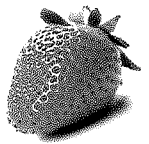
Weekly Menu

Union Court MC



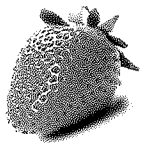
	Sun 04-28-2024	Mon 04-29-2024	Tue 04-30-2024	Wed 05-01-2024	Thu 05-02-2024	Fri 05-03-2024	Sat 05-04-2024
B R E A K F A S T	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole 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

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	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

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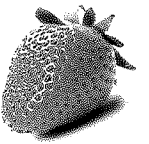
	Sun 05-12-2024	Mon 05-13-2024	Tue 05-14-2024	Wed 05-15-2024	Thu 05-16-2024	Fri 05-17-2024	Sat 05-18-2024
B R E A K F A S T	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole 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 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 Whole Grain Toast
	3 oz Autumn Pot Roast 1/2 c Classic Mashed Potatoes 1/2 c Buttery Carrots	1 c Taco Cornbread Casserole 1/2 c Fiesta Rice	3 oz Country Fried Steak with Gravy 1/2 c Red Potatoes 1/2 c Vegetable Medley	1-1/2 c Pork Fried Rice 2 - Pork Egg Roll with Sweet and Sour Sauce 1/2 c Vegetable Medley	1 - All Beef Hot Dog 1/2 c Potato Salad 1 oz Chips 1 slice Toll House Pie	3 oz Baked Cod Fillet 3 oz French Fries 1/2 c Coleslaw	Pc 3" Classic Lasagna 1 slice Garlic Bread
D I N N E R	1 c Classic Chicken Noodle Soup <i>and</i> 1 - Chicken Salad and Crackers 1/2 c Jello Salad 1 - Baked Roll	2 - Ham and Cheese Roll Ups 1/2 c Cottage Cheese and Fruit 1/2 c Vegetable Pasta Salad	1 c Chicken and Noodles 1/2 c Assorted Fruit 1 - Baked Roll	1 - Turkey Croissant Sandwich 1/2 c Fresh Mashed Potatoes	1 c Cheese Tortellini 1/2 c Assorted Fruit 1 - Bread	2 c Classic Taco Salad 1 oz Garlic Bread	1 c Beef Chili 1/2 c Assorted Fruit 1 - Bread
	Milk offered at every meal						Week 5

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	Sun 05-19-2024	Mon 05-20-2024	Tue 05-21-2024	Wed 05-22-2024	Thu 05-23-2024	Fri 05-24-2024	Sat 05-25-2024
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 Boiled Potatoes 1/2 c Buttery Carrots	1 c Chicken and Stuffing with Gravy 1/2 c Vegetable Medley	3 oz Liver and Onions 3 oz Melt In Your Mouth Chicken 1/2 c Classic Mashed Potatoes 1/2 c Vegetable Medley	1 c Chicken and Broccoli 1/2 c Cheesy Rice	1 - Open Faced Hamburger 1/2 c Classic Mashed Potatoes 1/2 c Vegetable Medley	3 oz Baked Cod Fillet 3 oz French Fries 1/2 c Coleslaw	1 c Shrimp Scampi 3 oz Chicken Scampi 1/2 c Vegetable Medley
D I N N E R	1 - Sloppy Joes <i>and</i> 1 c Tater Tot Dish 1/2 c Fruit Pudding Salad	1 c Beef Barley Soup 1 c Garden Green Salad	1 - Sausage Egg Muffin Sandwich 1/2 - Banana Half 1 - Hash Brown	1 c Beef Goulash 1 c Garden Green Salad	1 - Meatball Sub Sandwich 1/2 c Assorted Fruit 2/3 c Garden Pasta Salad	1 - Turkey Croissant Sandwich 1 c Garden Green Salad	1 c Homestyle Cream of Chicken Soup 1/2 c Fruit 1 - Baked Roll
	Milk offered at every meal						Week 1

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	Sun 05-26-2024	Mon 05-27-2024	Tue 05-28-2024	Wed 05-29-2024	Thu 05-30-2024	Fri 05-31-2024	Sat 06-01-2024
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 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 Whole Grain Toast
	3 oz Classic Meatloaf 1/2 c Red Potatoes 1/2 c Vegetable Medley	1 - Hot Dog 1/2 c Potato Salad 1/2 c Vegetable Medley	1 c Scalloped Ham and Potatoes 1/2 c Vegetable Medley	1 c Chicken Fajita Bowl 1/2 c Brown Rice	3 oz Salmon Patty 1/2 c Classic Mashed Potatoes 1/2 c Vegetable Medley	Pc 3" Classic Lasagna 1 c Green Salad 1 oz Garlic Bread	3 oz Bacon Ranch Chicken 1/2 c Parmesan Roasted Potatoes 1/2 c Vegetable Medley
D I N N E R	1 c Baked Beef Ravioli 1 oz Garlic Bread	2 oz Chicken Nuggets 1/2 c Assorted Fruit 3 - Onion Rings	1 c Beef Chili 1/2 c Assorted Fruit 1 - Baked Roll	1 - Roast Beef Sandwich 1/2 c Fruit 1/2 c BLT Pasta Salad	1 - Monte Cristo Slider 1/2 c Fruit 1 c Green Salad	1 slice Cheese Pizza 1 c Garden Green Salad	1 - BLT Sandwich 1/2 c Assorted Fruit 1/2 c Pasta Salad
Milk offered at every meal							Week 2

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