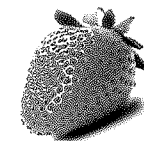




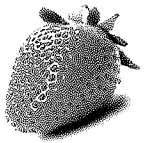
	Sun 06-30-2024	Mon 07-01-2024	Tue 07-02-2024	Wed 07-03-2024	Thu 07-04-2024	Fri 07-05-2024	Sat 07-06-2024
B R E A K F A S T	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole Grain Toast	1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Whole 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	3 oz Roasted Pork 1/2 c Classic Mashed Potatoes 1/2 c Baked Squash	1 - Hamburger 'N Fixin's 1/2 c Amish Macaroni Salad 1 c Watermelon	1 c Chicken Fajita Bowl 1/2 c Brown Rice	3 oz Grilled Polish Sausage 1/2 c Pasta Salad 1 c Cucumber Dill Salad	1 c Beef Stroganoff and Noodles 1 c Green Salad	3 oz Smothered Chicken Breasts 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	1 slice Cheese Pizza 1/2 c Assorted Fruit 1 c Garden Green Salad	1 - Hot Roast Beef Sandwich 1/2 c Assorted Fruit	1 - Roast Beef Sandwich 1/2 c Fruit 1/2 c BLT Pasta Salad	2 - Ham and Cheese Sliders 1/2 c Fruit 1 c Green Salad	1 - Egg Salad Croissant 1/2 c Berry Jello 1 oz Chips	1 - Ham and Swiss Sandwich 1/2 c Assorted Fruit 1 c Green Salad
	Milk offered at every meal						Week 2

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	Sun 07-07-2024	Mon 07-08-2024	Tue 07-09-2024	Wed 07-10-2024	Thu 07-11-2024	Fri 07-12-2024	Sat 07-13-2024
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 Roast Beef 1/2 c Classic Mashed Potatoes 1/2 c Buttery Carrots	1 c Garlic Chicken Fried Rice 1/2 c Peas	1 - Hot Dog 1/2 c Baked Beans 1 c Watermelon	3 oz Herb Crusted Turkey 1/2 c Homestyle Stuffing 1/2 c French Cut Green Beans	3 oz Meatballs 1/2 c Red Potatoes 1/2 c Vegetable Medley	3 oz Baked Cod Fillet 3 - Onion Rings 1/2 c Coleslaw	1 c Italian Sausage Pasta 1/2 c Vegetable Medley
D I N N E R	1 c Ham and Potato Casserole 1/2 c Assorted Fruit 1 - Baked Roll	1 - Tuna Melt 1/2 c Assorted Fruit 2/3 c Garden Pasta Salad	1 - Chicken Salad Sandwich 1/2 c Fruit 1/2 - Cucumber and Feta Salad	1 c Baked Spaghetti 1/2 c Fruit 1 c Garden Green Salad	1 c Chicken and Noodles 1/2 c Assorted Fruit	1 - Bologna Sandwich 4 - Deviled Eggs 1/2 c Fruit 1 oz Chips	1 - Turkey Croissant Sandwich 1/2 c Berry Jello 1 oz Chips
	Milk offered at every meal						Week 3

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	Sun 07-14-2024	Mon 07-15-2024	Tue 07-16-2024	Wed 07-17-2024	Thu 07-18-2024	Fri 07-19-2024	Sat 07-20-2024
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 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 Beef Pot Roast 1/2 c Garlic Herb Mashed Potatoes 1/2 c Buttery Carrots	Pc 3" Classic Lasagna 1 c Garden Green Salad 1 oz Garlic Bread	3 oz Herb Roasted Turkey with Gravy 1/2 c Fresh Cooked Yams 1/2 c Roasted Brussels Sprouts	3 oz Pepper Steak 1/2 c Rice	3 oz Salmon Patty 1/2 c Classic Mashed Potatoes 1/2 c Harvard Beets	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 - BBQ Pulled Pork 1/2 c Hawaiian Coleslaw	1 - Sloppy Joes 1/2 c Fruited Jello	1 c Ranch Style Chicken Pasta 1/2 c Peaches 1/2 c Yellow Squash and Onions	1 - Hot Turkey Sandwich with Gravy 1/2 c Assorted Fruit	1 - Ham Salad Sandwich 1/2 c Grapes 1 c Light Summer Salad	1 - Egg Salad Croissant 1/2 c Pears 1 oz Chips	1 - Bologna Sandwich 1/2 c Cottage Cheese and Fruit
	Milk offered at every meal						Week 1

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Weekly Menu

Union Court MC



	Sun 07-21-2024	Mon 07-22-2024	Tue 07-23-2024	Wed 07-24-2024	Thu 07-25-2024	Fri 07-26-2024	Sat 07-27-2024
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 - Fresh Biscuit	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 Beef Pot Roast 1/2 c Classic Mashed Potatoes 1/2 c Buttery Carrots	1-1/2 c Pork Stir-Fry 1/2 c Fried Rice 1 - Vegetable Egg Roll	1 - Hamburger 'N Fixin's 1/2 c Pasta Salad 1/2 c Watermelon Salad	3 oz Herb Crusted Turkey 1/2 c Homestyle Stuffing 1/2 c Oven Roasted Broccoli	1 c Beef Stroganoff 1/2 c Parsley Noodles 1/2 c Seasoned Peas	3 oz Baked Fish Fillet 3 oz French Fries 1/2 c Coleslaw	3 oz Brown Sugar Meatloaf 1/2 c Red Potatoes 1/2 c Baked Squash
D I N N E R	1/2 c Tuna Salad 1/2 c Berry Jello 1 - Baked Roll	1 c Beef Goulash 1/2 c Assorted Fruit 1 - Bread	1 - Sausage Egg Muffin Sandwich 1/2 c Assorted Fruit 1 - Hash Brown	2 c Chicken Strawberry Salad 1 oz Garlic Bread	1 c Baked Beef Ravioli 1/2 c Assorted Fruit 1 oz Garlic Bread	1 c Cheesy Potatoes and Ham 1/2 c Mixed Fruit Salad 1 - Baked Roll	1/2 c Chicken Salad 1/2 c Peaches 1 oz Chips
	Milk offered at every meal						Week 2

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	Sun 07-28-2024	Mon 07-29-2024	Tue 07-30-2024	Wed 07-31-2024	Thu 08-01-2024	Fri 08-02-2024	Sat 08-03-2024
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 - Fresh Biscuit	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 Baby Carrots	3 oz Sweet and Sour Chicken 1 c Roasted Vegetables 1 - Spring Egg Roll	1 - Hot Dog 1/2 c Potato Salad 1/2 c Watermelon Salad	1 - Beer Braised Sausage and Sauerkraut 1/2 c Garlic Roasted Potatoes 1/2 c Mixed Vegetables	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	Pc 3" Classic Lasagna 1 - Garlic Knots
D I N N E R	1 - Turkey Croissant Sandwich 1/2 c Grapes 2/3 c Garden Pasta Salad	1 - Hot Pork Sandwich 1/2 c Normandy Blend 1/2 c Classic Mashed Potatoes	1 - Sloppy Joes 1 - Fruit Cup 1 oz Chips	1 - Open Faced Meatloaf Sandwich 1/2 c Assorted Fruit	1 c Beef Stroganoff and Noodles 1 c Garden Green Salad	2 c Chicken Strawberry Salad 1/2 c Berry Jello 1 - Garlic Breadsticks	1 - Bologna Sandwich 1/2 c Assorted Fruit 1/2 c Pasta Bacon Salad
	Milk offered at every meal						Week 3

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