

# Weekly Menu

Union Court MC



	Sun 09-01-2024	Mon 09-02-2024	Tue 09-03-2024	Wed 09-04-2024	Thu 09-05-2024	Fri 09-06-2024	Sat 09-07-2024
<b>B R E A K F A S T</b>	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	1 - Hot Dog 2/3 c Baked Beans 1/2 c Assorted Fruit	3 oz Bacon Ranch Chicken 1/2 c Red Potatoes 1/2 c Vegetable Medley	1 - Beer Braised Sausage and Sauerkraut 1/2 c Garlic Roasted Potatoes 1/2 c Mixed Vegetables	1 - Grilled Cheese Sandwich 2/3 c Tomato Soup	3 oz Baked Cod Fillet 3 oz French Fries 1/2 c Coleslaw	1 c Taco Cornbread Casserole 1/2 c Applesauce
<b>D I N E R</b>	1 - Turkey Croissant Sandwich 1/2 c Grapes 2/3 c Garden Pasta Salad	1 c Hearty Beef Stew 1/2 c Assorted Fruit 1 - Baked Roll	1 - Sloppy Joes 1 - Fruit Cup 1/2 c Glazed Sweet Potatoes	2 c Chef Salad 1 - Breadsticks	1 c Beef Stroganoff and Noodles 1 c Garden Green Salad	1 c White Bean and Ham Soup 1 c Garden Green Salad	1 - Turkey Croissant Sandwich 1/2 c Assorted Fruit 1/2 c Pasta Bacon Salad
	Milk offered at every meal						Week 3

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	Sun 09-08-2024	Mon 09-09-2024	Tue 09-10-2024	Wed 09-11-2024	Thu 09-12-2024	Fri 09-13-2024	Sat 09-14-2024
<b>B R E A K F A S T</b>	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 Beef Pot Roast 1/2 c Classic Mashed Potatoes 1/2 c Buttery Carrots	3 oz Grilled Chicken 1/2 c Delicious Rice 1/2 c Vegetable Medley	1 - Open Faced Hamburger 1/2 c Vegetable Medley	1 c Chicken Fajita Bowl 1/2 c Delicious Rice	1 c Scalloped Ham and Potatoes 1/2 c Vegetable Medley	3 oz Baked Cod Fillet 3 - Onion Rings 1/2 c Vegetable Medley	3 oz Melt In Your Mouth Chicken 1 c Garden Green Salad 1 oz Garlic Bread
<b>D I N N E R</b>	1 c Baked Spaghetti 1/2 c Assorted Fruit 1 slice Garlic Bread	1 - Hot Roast Beef Sliders 1/2 c Assorted Fruit 3 oz French Fries	1 - Meatball Sub Sandwich 1/2 c Assorted Fruit 1 oz Potato Chips	1 c Classic Chicken Noodle Soup 1/2 c Assorted Fruit 1 - Baked Roll	1 c Baked Beef Ravioli 1 oz Garlic Bread	1 c Classic Beef Stew 1/2 c Assorted Fruit 1 - Baked Roll	1/2 c Egg Salad 1/2 c Fruit 1 c Bacon Lettuce Salad
	Milk offered at every meal						Week 4

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	Sun 09-15-2024	Mon 09-16-2024	Tue 09-17-2024	Wed 09-18-2024	Thu 09-19-2024	Fri 09-20-2024	Sat 09-21-2024
<b>B R E A K F A S T</b>	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 Pot Roast with Gravy 1/2 c Classic Mashed Potatoes 1/2 c Fresh Cooked Carrots	3 oz Country Fried Steak with Gravy 1/2 c Macaroni and Cheese 1/2 c Vegetable Medley	1 c Beef Cabbage Casserole 1/2 c Vegetable Medley	1 - Chicken Tacos 1/2 c Fiesta Rice	1 c American Chop Suey 1 - Spring Egg Roll	3 oz Baked Cod Fillet 3 - Onion Rings 1/2 c Vegetable Medley	3 oz Meatballs 1/2 c Baked Beans 1/2 c Vegetable Medley
<b>D I N N E R</b>	1 - Classic Turkey Sandwich 1/2 c Assorted Fruit 1/2 c Italian Pasta Salad	1 c Beef Barley Soup 1/2 c Assorted Fruit 1 - Baked Roll	1 c Cheese Tortellini 1 oz Garlic Bread	3 oz BBQ Little Smokies 2 - Ham and Cheese Roll Ups 1/2 c Fruit	2 - Ham and Cheese Sliders 1/2 c Assorted Fruit 3 oz French Fries	2 c Taco Salad 1 slice Ultimate Veggie Pizza 1 oz Garlic Bread	1 c Chicken and Stuffing with Gravy 1/2 c Assorted Fruit
	Milk offered at every meal						Week 5

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	Sun 09-22-2024	Mon 09-23-2024	Tue 09-24-2024	Wed 09-25-2024	Thu 09-26-2024	Fri 09-27-2024	Sat 09-28-2024
<b>B R E A K F A S T</b>	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 Beef Pot Roast 1/2 c Garlic Herb Mashed Potatoes 1/2 c Buttery Carrots	1 - Classic Stuffed Peppers 1/2 c Brown Rice 1/2 c Vegetable Medley	1 - Grilled Ham and Cheese Sandwich 2/3 c Tomato Soup	3 oz Herb Crusted Turkey 1/2 c Classic Mashed Potatoes 1/4 c Cranberry Sauce	3 oz Liver and Onions 3 oz Bacon Ranch Chicken 1/2 c Macaroni and Cheese 1/2 c Vegetable Medley	3 oz Baked Cod Fillet 3 oz French Fries 1/2 c Coleslaw	1 c Beef and Bean Dish 1/2 c Applesauce 1 oz Corn Chips
<b>D I N N E R</b>	1 c American Goulash 1/2 c Fruit 1 - Bread	3 oz Pulled Pork 1/2 c Coleslaw	1 - Chicken Patty Sandwich 1/2 c Peaches 1 - Baked Sweet Potato	1 - Hot Meatloaf Sandwich 1/2 c Assorted Fruit	1 - Ham Salad Sandwich 1/2 c Grapes 1 c Light Summer Salad	1 c Beef Chili 1/2 c Pears	1 c Chicken and Stuffing with Gravy 1/2 c Fruit
	Milk offered at every meal						Week 1

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