



	Sun 09-29-2024	Mon 09-30-2024	Tue 10-01-2024	Wed 10-02-2024	Thu 10-03-2024	Fri 10-04-2024	Sat 10-05-2024
<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 - 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 slice Crazy Crust Pizza 1 c Garden Green Salad 1/2 c Ice Cream Cake	3 oz Meatballs 1/2 c Red Potatoes 1/2 c Vegetable Medley	3 oz Brown Sugar Meatloaf 1/2 c Corn Casserole 1/2 c Coleslaw	3 oz Herb Crusted Turkey 1/2 c Classic Mashed Potatoes 1/2 c Seasoned Peas	3 oz Baked Fish Fillet 3 oz French Fries 1/2 c Coleslaw	1 c Ham and Potato Casserole 1/2 c Vegetable Medley
<b>D I N N E R</b>	1 c Ham and Northern Bean Soup 1/2 c Berry Jello 1 - Baked Roll	1 - BBQ Sloppy Joe on a Bun 1/2 c Assorted Fruit 1 oz Chips	1 c Baked Beef Ravioli 1/2 c Assorted Fruit 1 oz Garlic Bread	1 c Beef Barley Soup 1 - Baked Roll	1 c Classic Chicken Noodle Soup 1/2 c Assorted Fruit 1 c Garden Green Salad	1 c Baked Spaghetti 1/2 c Fruit 1 - Baked Roll	1 c Chicken and Noodles 1/2 c Peaches
	Milk offered at every meal						Week 2

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	Sun 10-06-2024	Mon 10-07-2024	Tue 10-08-2024	Wed 10-09-2024	Thu 10-10-2024	Fri 10-11-2024	Sat 10-12-2024
<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 c Chicken Cordon Bleu Casserole 1/2 c Vegetable Medley	3 oz Bacon Ranch Chicken 1/2 c Glazed Sweet 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 Brown Sugar Meatloaf 1/2 c Macaroni and Cheese 1/2 c Vegetable Medley	1 c Taco Cornbread Casserole 1/2 c Applesauce
<b>D I N N E R</b>	1 c Ham and Potato Soup 1/2 c Assorted Fruit 1 - Baked Roll	1 c Beef Noodle Soup 1/2 c Assorted Fruit 1 - Baked Roll	1 - Caprese Chicken Sandwich 1 - Fruit Cup 1/2 c Baked Beans	1 c Baked Spaghetti 1/2 c Assorted Fruit 1 - Breadsticks	1 c Beef and Vegetable Soup 1/2 c Assorted Fruit 1 - Bread	1 c Chicken and Rice Stew 1 - Baked Roll	2 - Ham and Cheese Sliders 1/2 c Assorted Fruit 1/2 c Pasta Bacon Salad
	Milk offered at every meal						Week 3

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	Sun 10-13-2024	Mon 10-14-2024	Tue 10-15-2024	Wed 10-16-2024	Thu 10-17-2024	Fri 10-18-2024	Sat 10-19-2024
<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 Roast 1/2 c Classic Mashed Potatoes 1/2 c Buttery Carrots	3 oz Breaded Chicken Breast 1/2 c Classic Mashed Potatoes 1/2 c Corn	3 oz Beef Tips 1/2 c Noodles 1/2 c Vegetable Medley	3 oz Homestyle Turkey and Gravy 1/2 c Classic Mashed Potatoes 1/4 c Cranberry Sauce	2/3 c Braised Pork 1/2 c Classic Mashed Potatoes 1/2 c Peas	1 c Chicken Alfredo Pasta 1 c Garden Green Salad 1 oz Garlic Bread	1 c Beef and Bean Dish 1/2 c Applesauce
<b>D I N N E R</b>	1 c Homestyle Chicken Noodle Soup <i>and</i> 1 - Ham and Cheese Sandwich 1/2 c Assorted Fruit	1 - Bologna Sandwich 1/2 c Peaches 1/2 c BLT Pasta Salad	1 c Basic Ham and Bean Soup 1/2 c Assorted Fruit 1/2 c BLT Pasta Salad	1 c Beef Goulash 1/2 c Assorted Fruit 1 - Bread	1 - English Muffin Cheese Pizzas 1/2 c Assorted Fruit	1/2 c Egg Salad 1/2 c Berry Jello 1 oz Chips	1 - Hot Roast Beef Sliders 1/2 c Assorted Fruit 1 oz Chips
	Milk offered at every meal						Week 1

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# Weekly Menu

Union Court MC



	Sun 10-20-2024	Mon 10-21-2024	Tue 10-22-2024	Wed 10-23-2024	Thu 10-24-2024	Fri 10-25-2024	Sat 10-26-2024
<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 2 Tbsp Raisins 1/2 c 100% Juice 1 slice Whole Grain Toast
	3 oz Beef Roast 1/2 c Classic Mashed Potatoes 1/2 c Buttery Carrots	3 oz Herb Crusted Turkey 1/2 c Homestyle Stuffing 1/4 c Cranberry Sauce 1/2 c Vegetable Medley	1-1/2 c Pork Stir-Fry 1/2 c Fluffy Baked Rice	3 oz Hamburger Steak and Onions 1/2 c Red Potatoes 1/2 c Vegetable Medley	1 c Beef Chili Mac 1/2 c Vegetable Medley	3 oz Butter Crumb Chicken 3 oz Grilled Shrimp 1 c Rice	1 c Cheesy Potatoes and Ham 1/2 c Vegetable Medley
<b>D I N N E R</b>	1 - Sloppy Joes 1/2 c Assorted Fruit 1 - Hash Brown	1 c Beef Bake Stew 1/2 c Berry Jello	1 - Crispy Fish Sandwich 2/3 c Garden Pasta Salad	1 c Beef Chili 1/2 c Assorted Fruit 1 oz Crackers	1 - All Beef Hot Dog 1 - Fruit Cup 1/2 c Baked Beans	1 c Tuna Noodle Casserole 1/2 c Green Beans	1 c Cheese Tortellini 1/2 c Assorted Fruit 1 oz Garlic Bread
	Milk offered at every meal						Week 2

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