



| | Sun 12-29-2024 | Mon 12-30-2024 | Tue 12-31-2024 | Wed 01-01-2025 | Thu 01-02-2025 | Fri 01-03-2025 | Sat 01-04-2025 |
|--|---|---|---|---|---|---|--|
| 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 2 Tbsp Raisins 1/2 c 100% Juice 1 slice Whole Grain Toast |
| | 3 oz Herb Crusted Pork Roast 1/2 c Classic Mashed Potatoes 1/2 c Vegetable Medley | 3 oz Baked Meatballs with Gravy 1/2 c Noodles 1/2 c Vegetable Medley | 1 c Beef Cabbage Casserole 1/2 c Winter Squash | Pc 3" Classic Lasagna 1 c Garden Green Salad 1 oz Garlic Bread | 3 oz Baked Cod Fillet 1 - Baked Sweet Potato 1/2 c Vegetable Medley | 1 - Chicken Tacos 1/2 c Delicious Rice | 1 c Scalloped Ham and Potatoes 1/2 c Vegetable Medley |
| D I N N E R | 3 oz Hamburger Steak and Onions 1 c Garden Green Salad | 1 c Beef Goulash 1/2 c Berry Jello | 1 - Ham Turkey Deli Sandwich 2/3 c Garden Pasta Salad | 1 - Hot Roast Beef Sliders 1/2 c Assorted Fruit 1 oz Potato Chips | 2 oz Chicken Nuggets 1 - Fruit Cup 3 oz French Fries | 1 c Beef Barley Soup 1 - Pinwheel Sandwiches 1/2 c Assorted Fruit | 1 c Cheese Tortellini 1/2 c Assorted Fruit 1 oz Garlic Bread |
| | Milk offered at every meal | | | | | | Week 2 |

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| | Sun 01-05-2025 | Mon 01-06-2025 | Tue 01-07-2025 | Wed 01-08-2025 | Thu 01-09-2025 | Fri 01-10-2025 | Sat 01-11-2025 |
|--|---|---|---|---|---|---|---|
| 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 Brown Sugar Meatloaf 1/2 c Macaroni and Cheese 1/2 c Vegetable Medley | 1 - Beef and Cabbage Stuffed Rolls 1/2 c Vegetable Medley | 1 - Grilled Cheese Sandwich 2/3 c Tomato Soup | 2/3 c Braised Pork 1/2 c Cracker Crusted Mac and Cheese 1/2 c Vegetable Medley | 3 oz Baked Cod Fillet 3 oz French Fries 1/2 c Coleslaw | 3 oz Bacon Ranch Chicken 1/2 c Homestyle Stuffing 1/2 c Vegetable Medley | 1 c Smoked Sausage and Potatoes 1/2 c Mixed Vegetables |
| D I N N E R | 1 c Homemade Chicken Noodle Soup <i>and</i> 1 - Classic Turkey Sandwich 1/2 c Assorted Fruit | 1 c Baked Spaghetti 1/2 c Assorted Fruit 1 oz Garlic Bread | 1 - Chicken Patty Sandwich 1/2 c Roasted Sweet Potatoes | 1 - Open Face Hot Turkey Sandwich 1/2 c Fruit | 1 - Sausage Egg Muffin Sandwich 1 c Fresh Fruit 1 - Hash Brown | 1 - BBQ Pulled Pork 1/2 c Berry Jello 1/2 c Coleslaw | 1 - Meatball Sub Sandwich 1/2 c Mandarin Oranges 2/3 c Garden Pasta Salad |
| | Milk offered at every meal | | | | | | Week 3 |

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Weekly Menu

Union Court MC



| | Sun 01-12-2025 | Mon 01-13-2025 | Tue 01-14-2025 | Wed 01-15-2025 | Thu 01-16-2025 | Fri 01-17-2025 | Sat 01-18-2025 |
|--|---|---|---|---|---|---|---|
| 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 Jelly Toast | 1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Jelly Toast | 1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Jelly Toast | 1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Jelly Toast | 1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Jelly Toast | 1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Jelly Toast | 1 oz Cold Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice 1 slice Jelly Toast |
| | 3 oz Beef Pot Roast 1/2 c Classic Mashed Potatoes 1/2 c Baby Carrots | 1 - All Beef Hot Dog 1/2 c Baked Macaroni Cheese 1/2 c Vegetable Medley | 3 oz Seasoned Meatballs with Gravy 1/2 c Brown Rice 1/2 c Vegetable Medley | 3 oz Savory Pork Roast 1/2 c Baked Yams 1/2 c Vegetable Medley | 1 c Split Pea Soup 1 c Green Salad 1 - Baked Roll | 1 - Open Faced Hamburger 1/2 c Classic Mashed Potatoes 1/2 c Herb Roasted Vegetables | 1 - Beer Braised Sausage and Sauerkraut 1/2 c Vegetable Medley |
| D I N N E R | 1 - Classic Turkey Sandwich 1/2 c Fruit Cocktail 1 - Baked Roll | 1 c Beef and Vegetable Soup 1 - Baked Roll | 1 c Chicken and Noodles 1/2 c Assorted Fruit | 1 c Beef Goulash 1/2 c Pears 1 c Green Salad | 1 - Hot Roast Beef Sliders 2/3 c Garden Pasta Salad | 1 c Basic Ham and Bean Soup 1/2 c Peaches 1 c Green Salad | 1/2 - Meatball Sub 1/2 c Cottage Cheese 1/2 c Assorted Fruit |
| | Milk offered at every meal | | | | | | Week 1 |

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| | Sun 01-19-2025 | Mon 01-20-2025 | Tue 01-21-2025 | Wed 01-22-2025 | Thu 01-23-2025 | Fri 01-24-2025 | Sat 01-25-2025 |
|--|---|--|--|--|--|---|--|
| 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 | 3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice | 3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice | 3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice | 3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice | 3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice | 3/4 c Hot Cereal 1 - Egg of Choice 1/2 c Fresh Fruit 1/2 c 100% Juice |
| | 3 oz Beef Roast with Gravy 1/2 c Classic Mashed Potatoes 1/2 c Glazed Carrots | 1 c Chicken Broccoli Stir-Fry 1 - Vegetable Egg Roll | 1 c Scalloped Ham and Potatoes 1/2 c Vegetable Medley | 3 oz Hamburger Steak and Onions 1/2 c Vegetable Medley | 1 - Grilled Cheese Sandwich 2/3 c Tomato Soup | 3 oz Herb Crusted Turkey 1/2 c Classic Mashed Potatoes 1/2 c Vegetable Medley | 1 - Beer Braised Sausage and Sauerkraut 1/2 c Applesauce |
| D I N N E R | 1/2 - Half Ham Sandwich 1/2 c Fruit Medley 2/3 c Garden Pasta Salad | 1 c Cabbage Beef Soup 1/2 c Fresh Fruit Salad | 1 c Baked Beef Ravioli 1 c Green Salad | 1 c Beef Chili 1/2 c Assorted Fruit 1/2 c Swiss Corn Casserole | 1 c Pork Stir-Fry over Rice 1/2 c Assorted Fruit | 1 - All Beef Hot Dog 1/2 c Berry Jello 1 oz Chips | 3 oz BBQ Little Smokies 1/2 c Egg Salad 1/2 c Assorted Fruit |
| | Milk offered at every meal | | | | | | Week 2 |

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| | Sun 01-26-2025 | Mon 01-27-2025 | Tue 01-28-2025 | Wed 01-29-2025 | Thu 01-30-2025 | Fri 01-31-2025 | Sat 02-01-2025 |
|--|---|---|---|---|---|---|---|
| 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 Jelly 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 Beef Pot Roast 1/2 c Classic Mashed Potatoes 1/2 c Buttery Carrots | 3 oz Pork Roast with Gravy 1/2 c Classic Mashed Potatoes 1/2 c Vegetable Medley | 3 oz Beef Tips in Gravy 1/2 c Noodles 1/2 c Vegetable Medley | 3 oz Herb Crusted Turkey 1/2 c Homestyle Stuffing 1/2 c Buttered Squash | 3 oz Salmon Patty 1/2 c Classic Mashed Potatoes 1/2 c Peas | 1 - Coney Island Hot Dog 3 oz French Fries 1/2 c Parmesan Green Beans | 3 oz Baked Meatballs with Gravy 1/2 c Roasted Rosemary Potatoes 1/2 c Vegetable Medley |
| D I N N E R | 1 c Cheese Tortellini 1/2 c Assorted Fruit | 3 oz Hamburger Steak and Onions 1/2 c Assorted Fruit | 1 c Basic Ham and Bean Soup 1/2 c Assorted Fruit | 1 c Spaghetti Bake 1/2 c Assorted Fruit 1 oz Garlic Bread | 1-1/2 c Pork Stir-Fry 1 - Vegetable Egg Roll | 1 - Party Pizza 1/2 c Colorful Fruit Salad | 1 c Unstuffed Pepper Soup 1/2 c Assorted Fruit |
| | Milk offered at every meal | | | | | | Week 3 |

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