



UCT Cafeteria Menu

November 2022

	Monday	Tuesday	Wednesday	Thursday	Friday		
<p>Any students with food allergies, lactose intolerance, or any other special dietary concerns or needs are encouraged to consult with the school nurse.</p>	31	1	2	3	4	<p>A salad bar and fresh fruit options are available daily with your lunch.</p>	
	Main Item						
	Meatball Sandwich on a whole wheat bun, Oven roasted potatoes, and Vegetables.	Beef Taco's with salsa and cheese, whole wheat tortillas, rice , and vegetables	Cheese stuffed Ravioli with Marinara sauce. Garlic Breadstick and Vegetables.	Breaded Chicken served with Piccata sauce. Scalloped potatoes and vegetables.	Pizza Choice of Cheese, Pepperoni, or Buffalo Chicken. Vegetables		
	Turkey Sandwich on whole grain bread	Ham and Cheese Sandwich on whole grain bread	Roast Beef Sandwich on whole grain bread	Ham and Cheese Sandwich on whole grain bread	Turkey Sandwich on whole grain bread		
	7	8	9	10	11		<p>Beverage options include skim milk, nonfat chocolate milk, and orange juice.</p>
	Main Item						
	Hamburger or Cheeseburger on a whole wheat bun, Oven roasted potatoes, and Vegetables	Chicken Quesadillas with Rice and Corn	Cheese Tortellini with Marinara Sauce Garlic Breadstick and Vegetables	Pizza Choice of Cheese, Pepperoni, or Buffalo Chicken. Vegetables	NO SCHOOL		
	Sandwich Option						
	Turkey Sandwich on whole grain bread	Ham and Cheese Sandwich on whole grain bread	Roast Beef Sandwich on whole grain bread	Ham and Cheese Sandwich on whole grain bread			
	14	15	16	17	18		
Main Item							
Chicken Patties on a whole wheat bun, Oven roasted potatoes, and Vegetables.	Philly Cheesesteak Sandwich. Vegetables	cheese stuffed shells with marinara, garlic bread, and vegetables	General's Tso's Chicken with rice and vegetables	Baked Macaroni and Cheese. Garlic Breadstick and Vegetables			
Sandwich Option							
Turkey Sandwich on whole grain bread	Ham and Cheese Sandwich on whole grain bread	Roast Beef Sandwich on whole grain bread	Ham and Cheese Sandwich on whole grain bread	Turkey Sandwich on whole grain bread			
21	22	23	24	25			
Main Item							
Meatball Sandwich on a whole wheat bun, Oven roasted potatoes, and Vegetables.	Cheese stuffed Ravioli with Marinara sauce. Garlic Breadstick and Vegetables.	NO SCHOOL	NO SCHOOL	NO SCHOOL			
Sandwich Option							
Turkey Sandwich on whole grain bread	Ham and Cheese Sandwich on whole grain bread						
28	29	30	1	2			
Main Item							
Hamburger or Cheeseburger on a whole wheat bun, Oven roasted potatoes, and Vegetables	Chicken Quesadillas with Rice and Corn	Cheese Tortellini with Marinara Sauce Garlic Breadstick and Vegetables	Chicken Cordon Bleu with potatoes, and vegetables.	Pizza Choice of Cheese, Pepperoni, or Buffalo Chicken. Vegetables			
Sandwich Option							
Turkey Sandwich on whole grain bread	Ham and Cheese Sandwich on whole grain bread	Roast Beef Sandwich on whole grain bread	Ham and Cheese Sandwich on whole grain bread	Turkey Sandwich on whole grain bread			