



# UCT Cafeteria Menu

April 2023

	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>	3	4	5	6	7	<p>A salad bar and fresh fruit options are available daily with your lunch.</p>		
	<b>Main Item</b>							
	Chicken Patties on a whole wheat bun, Oven roasted potatoes, and Vegetables.	Philly Cheesesteak Sandwich. Vegetables	cheese stuffed manicotti with marinara sauce garlic breadstick and vegetables	General's Tso's Chicken with rice and 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				
	10	11	12	13	14		<p>Beverage options include skim milk, nonfat chocolate milk, and orange juice.</p>	
	<b>Main Item</b>							
	Meatball Sandwich on a whole wheat bun, Oven roasted potatoes, and Vegetables.	Beef Taco's with salsa, 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			
	<b>Sandwich Option</b>							
	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			
17	18	19	20	21				
<b>Main Item</b>								
24	25	26	27	28				
<b>Main Item</b>								
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				
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				
<b>Main Item</b>								