



UCT Cafeteria Menu

May 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	
Any students with food allergies, lactose intolerance, or any other special dietary concerns or needs are encouraged to consult with the school nurse.	1	2	3	4	5	A salad bar and fresh fruit options are available daily with your lunch.
	Main Item					
	Chicken Patties on a whole wheat bun, Oven roasted potatoes, and Vegetables.	Philly Cheesesteak Sandwich. Vegetables	1/2 day	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	Turkey Sandwich on whole grain bread	
	8	9	10	11	12	
	Main Item					Beverage options include skim milk, nonfat chocolate milk, and orange juice.
	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	
	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	
	15	16	17	18	19	
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		
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		
22	23	24	25	26		
Main Item						
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	Baked Macaroni and Cheese. Garlic Breadstick 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	Turkey Sandwich on whole grain bread		
29	30	31	1	2		
Main Item						
no school	Meatball Sandwich on a whole wheat bun, Oven roasted potatoes, 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	Roast Beef Sandwich on whole grain bread	Ham and Cheese Sandwich on whole grain bread	Turkey Sandwich on whole grain bread		