



UCT Cafeteria Menu

September Menu 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.			30	31	1	A salad bar and fresh fruit options are available daily with your lunch.	
	Main Item						
			Cheese stuffed Ravioli with Marinara sauce. Garlic Breadstick and Vegetables.	Pizza Choice of Cheese, Pepperoni, or Buffalo Chicken. Vegetables	no school		
			Turkey Sandwich on whole grain bread	Ham and Cheese Sandwich on whole grain bread		Beverage options include skim milk, nonfat chocolate milk, and orange juice.	
	4	5	6	7	8		
	Main Item						
	no school	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		
	A turkey sandwich on a whole wheat bun or peanut butter and jelly sandwich on whole wheat bread can be substituted for the main item or sandwich of the day.	Sandwich Option					
			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	
		11	12	13	14	15	
Main Item							
Chicken Patties on a whole wheat bun, Oven roasted potatoes, and Vegetables.		Philly Cheesesteak Sandwich. Vegetables	Cheese stuffed Manicotti with marinara, 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		
18		19	20	21	22		
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		
25	26	27	28	29			
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			