



# UCT Cafeteria Menu

October 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>       | <b>2</b>  | <b>3</b>   | <b>4</b>   | <b>5</b>  | <b>6</b>  | <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.          | Cheese stuffed Manicotti with Marinara Sauce. Garlic Breadstick and Vegetables | 1/2 day  | General Tso's Chicken with Rice and Vegetables                                | Baked Macaroni and Cheese. Garlic Breadstick and Vegetables                     |   |
|   | <b>Sandwich Option</b>  |  |  |   |   |   |
|   | Turkey Sandwich on whole grain bread  | Ham and Cheese Sandwich on whole grain bread                                   |  | Ham and Cheese Sandwich on whole grain bread                                  | Turkey Sandwich on whole grain bread  |   |
|   | <b>9</b>  | <b>10</b>  | <b>11</b>  | <b>12</b>   | <b>13</b>   | <p>Beverage options include skim milk, nonfat chocolate milk, and orange juice.</p> |
|   | <b>Main Item</b>  |  |  |   |   |   |
|   | 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 with choice of Cheese, Pepperoni, or Buffalo Chicken. Vegetables.         |   |
|   | <b>Sandwich Option</b>  |  |  |   |   |   |
|   |   | 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  |   |
| <p>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.</p> | <b>16</b>   | <b>17</b>  | <b>18</b>  | <b>19</b>   | <b>20</b>   |   |
|   | <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 Mashed Potatoes and Vegetables                       | Stuffed Crust 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  |   |
|   | <b>23</b>   | <b>24</b>  | <b>25</b>  | <b>26</b>   | <b>27</b>   |   |
|   | <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 Tso's Chicken with Rice and Vegetables                                | Baked Macaroni and Cheese. Garlic Breadstick and 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  |   |
| <b>30</b>   | <b>31</b>   | <b>1</b>   | <b>2</b>   | <b>3</b>  |   |   |
| <b>Main Item</b>  |   |  |  |   |   |   |
| 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 with 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  |   |   |