



UCT Cafeteria Menu

November 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>			1	2	3	<p>A salad bar and fresh fruit options are available daily with your lunch.</p>	
	Main Item						
			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.		
			Roast Beef Sandwich on whole grain bread	Ham and Cheese Sandwich on whole grain bread	Turkey Sandwich on whole grain bread		<p>Beverage options include skim milk, nonfat chocolate milk, and orange juice.</p>
	6	7	8	9	10		
	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 Roasted Potatoes and Vegetables	VETERAN'S DAY		
	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			
	13	14	15	16	17		
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 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			
20	21	22	23	24			
Main Item							
Meatball Sandwich on a whole wheat bun, Oven roasted potatoes, and Vegetables.	Cheese stuffed Ravioli with Marinara sauce. Garlic Breadstick and Vegetables.	THANKSGIVING BREAK	THANKSGIVING BREAK	THANKSGIVING BREAK			
Sandwich Option							
Turkey Sandwich on whole grain bread	Ham and Cheese Sandwich on whole grain bread						
27	28	29	30	1			
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 Roasted Potatoes and Vegetables	Stuffed Crust 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			