



UCT Cafeteria Menu

January 2024

	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.	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	Roast Beef Sandwich on whole grain bread	Ham and Cheese Sandwich on whole grain bread	Turkey Sandwich on whole grain bread		
	8	9	10	11	12	Beverage options include skim milk, nonfat chocolate milk, and orange juice.	
	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		
	Sandwich Option						
	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.	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							
		Chicken Quesadillas with Rice and Corn	Cheese Tortellini with Marinara Sauce Garlic Breadstick and Vegetables	Chicken Cordon Bleu with roasted 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		
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, 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							
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			
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			