



# UCT Cafeteria Menu

February 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	A salad bar and fresh fruit options are available daily with your lunch.
	<b>Main Item</b>					
				Breaded Chicken served with Piccata sauce. Scalloped potatoes and vegetables	Pizza Choice of Cheese, Pepperoni, or Buffalo Chicken. Vegetables	
				Ham and Cheese Sandwich on whole grain bread	Turkey Sandwich on whole grain bread	
	5	6	7	8	9	
	<b>Main Item</b>					Beverage options include skim milk, nonfat chocolate milk, and orange juice.
	Hamburger or Cheeseburger on a whole wheat bun, Oven roasted potatoes, and Vegetables	Chicken Quesadillas with Rice and Corn	1/2 day	Chicken Cordon Bleu with roasted potatoes and vegetables	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		Ham and Cheese Sandwich on whole grain bread	Turkey Sandwich on whole grain bread	
	12	13	14	15	16	
<b>Main Item</b>						
Chicken Patties on a whole wheat bun, Oven roasted potatoes, and Vegetables.	Philly Cheesesteak Sandwich. Vegetables	Cheese Tortellini with Marinara Sauce Garlic Breadstick and Vegetables	General's Tso's Chicken with rice and vegetables	Baked Macaroni and Cheese. Garlic Breadstick and Vegetables		
<b>Main Item</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		
19	20	21	22	23		
<b>Main Item</b>						
<b>Main Item</b>						
26	27	28	29	1		
<b>Main Item</b>						
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		
<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		