



## UCT Cafeteria Menu

May 2023

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	Monday	Tuesday	Wedensday	Thursday	Friday	
Any students	1	2	3	4	5	A salad bar
with food			Main Item			and fresh
allergies,	Chicken Patties on			cheese stuffed		fruit options
lactose	a whole wheat bun,			manicotti with		are availble
intolerance,	Oven roasted potatoes, and	Philly Cheesesteak Sandwich.		marinara sauce garlic breadstick	General's Tso's Chicken with rice	daily with
or any other	Vegetables.	Vegetables	1/2 day	and vegetables	and vegetables	your lunch.
special						
dietary	Turkey Sandwich	Ham and Cheese		Roast Beef	Turkey Sandwich	
concerns or	on whole grain bread	Sandwich on whole grain bread		Sandwich on whole grain bread	on whole grain bread	Beverage
needs are	8	9	10	11	12	options
encouraged to		9		11	12	include skim milk, nonfat
consult with	alt with					
the school	Meatball Sandwich on a whole wheat	Beef Taco's with salsa, cheese,	Cheese stuffed Ravioli with	Breaded Chicken served with	Pizza Choice of Cheese, Pepperoni,	chocolate
nurse.	bun, Oven roasted	whole wheat	Marinara sauce.	Piccata sauce.	or Buffalo	milk, and
	potatoes, and	tortillas, rice and	Garlic Breadstick	Scalloped potatoes	Chicken.	orange juice.
	Vegetables.	vegetables	and Vegetables.	and vegetables.	Vegetables	
A turkey	m ) 0 : : :		Sandwich Option		m 1 0 1 1	
sandwich on	Turkey Sandwich on whole grain	Ham and Cheese Sandwich on	Roast Beef Sandwich on	Ham and Cheese Sandwich on	Turkey Sandwich on whole grain	
a whole	bread	whole grain bread	whole grain bread	whole grain bread	bread	
wheat bun or	15	16	17	18	19	
peanut butter			Main Item			
and jelly	Hamburger or		<u> </u>			
sandwich on	Cheeseburger on a		Cheese Tortelinni		Pizza Choice of	
whole wheat	whole wheat bun,	Chicken	with Marinara Sauce Garlic	Chicken Cordon	Cheese, Pepperoni,	
bread can be	oven roasted potatoes, and	Quesadillas with	Breadstick and	Bleu with potatoes,	or Buffalo Chicken.	
susbstituted	vegetables	Rice and Corn	Vegetables	and vegetables.	Vegetables	
for the main						
item or	Turkey Sandwich on whole grain	Ham and Cheese Sandwich on	Roast Beef Sandwich on	Ham and Cheese Sandwich on	Turkey Sandwich on whole grain	
sandwich of	bread	whole grain bread	whole grain bread	whole grain bread	bread	
the day.	22	23	24	25	26	
	Main Item					
	Chicken Patties on		cheese stuffed			
	a whole wheat bun,		manicotti with		Baked Macaroni	
	Oven roasted	Philly Cheesesteak	marinara sauce	General's Tso's	and Cheese. Garlic	
	potatoes, and Vegetables.	Sandwich. Vegetables	garlic breadstick and vegetables	Chicken with rice and vegetables	Breadstick and Vegetables	
	g			<u> </u>		
	Turkey Sandwich	Ham and Cheese	Roast Beef	Ham and Cheese	Turkey Sandwich	
]	on whole grain	Sandwich on	Sandwich on	Sandwich on	on whole grain	
	bread	whole grain bread	whole grain bread	whole grain bread	bread	
	29	30	31	1	2	
	Main Item					
		Meatball Sandwich	Cheese stuffed	Breaded Chicken	Pizza Choice of	
		on a whole wheat bun, Oven roasted	Ravioli with Marinara sauce.	served with Piccata sauce.	Cheese, Pepperoni, or Buffalo	
]		potatoes, and	Garlic Breadstick	Scalloped potatoes	Chicken.	
1		TT 1 1	and Vegetables.	and vegetables.	Vegetables	
	no school	Vegetables.	and vegetables.	una regetablesi	regetables	
	no school					
	no school	Turkey Sandwich on whole grain	Roast Beef Sandwich on	Ham and Cheese Sandwich on	Turkey Sandwich	