



UCT Cafeteria Menu

April 2022

			April 2022			
	Monday	Tuesday	Wedensday	Thursday	Friday	
Any students					1	A salad bar
with food	Main Item					and fresh
allergies,					Pizza Choice of	fruit options
lactose					Cheese, Pepperoni, or Buffalo	are availble
intolerance,					Chicken.	daily with
or any other					Vegetables	your lunch.
special						
dietary	Turkey Sandwich on whole grain	Ham and Cheese Sandwich on	Roast Beef Sandwich on	Ham and Cheese Sandwich on	Turkey Sandwich on whole grain	D
concerns or	bread	whole grain bread	whole grain bread	whole grain bread	bread	Beverage
needs are	4	5	6	7	8	options include skim
encouraged to	Main Item					milk, nonfat
consult with	Chicken Patties on		Cheese stuffed			chocolate
the school	a whole wheat bun,		Manicotti with		Baked Macaroni	milk, and
nurse.	Oven roasted	Philly Cheesesteak	marinara, garlic	General's Tso's	and Cheese. Garlic	· ·
	potatoes, and Vegetables.	Sandwich. Vegetables	breadstick, and vegetables	Chicken with rice and vegetables	Breadstick and Vegetables	orange juice.
A turkey	Sandwich Option					
sandwich on	Turkey Sandwich	Ham and Cheese	Roast Beef	Ham and Cheese	Turkey Sandwich	ı
a whole	on whole grain	Sandwich on	Sandwich on	Sandwich on	on whole grain	
wheat bun or	bread	whole grain bread	whole grain bread	whole grain bread	bread	1
peanut butter	11	12	13	14	15	1
and jelly	Main Item					
sandwich on	Meatball Sandwich	Beef Taco's with	Cheese stuffed			
whole wheat	on a whole wheat bun, Oven roasted	salsa and cheese. Whole wheat	Ravioli with Marinara sauce.	Pizza Choice of Cheese, Pepperoni,		
bread can be	potatoes, and	tortillas, rice, and	Garlic Breadstick	or Buffalo Chicken.		
susbstituted	Vegetables.	vegetables.	and Vegetables.	Vegetables		1
for the main	m 1 G 1:1	TT 1.01	D . D .	m , a , ; ;		1
item or	Turkey Sandwich on whole grain	Ham and Cheese Sandwich on	Roast Beef Sandwich on	Turkey Sandwich on whole grain		
sandwich of	bread	whole grain bread	whole grain bread	bread		
the day.	18	19	20	21	22	
	Main Item					
	25	26	27	28	29	
	23	20		20	23	1
	Main Item					
	Hamburger or Cheeseburger on a		Cheese Tortelinni		Pizza Choice of	
	whole wheat bun,		with Marinara	Chicken Cordon	Cheese, Pepperoni,	
	Oven roasted	Chicken	Sauce Garlic	Bleu with Mashed	or Buffalo	
	potatoes, and Vegetables	Quesadillas with Rice and Corn	Breadstick and Vegetables	potatoes and vegetables	Chicken. Vegetables	
	Sandwich Option					ı
	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	