



# UCT Cafeteria Menu

April 2022

	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	A salad bar and fresh fruit options are available daily with your lunch.	
	Main Item						
					Pizza Choice of Cheese, Pepperoni, or Buffalo Chicken. Vegetables		
							Beverage options include skim milk, nonfat chocolate milk, and orange juice.
	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		
	4	5	6	7	8		
	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			
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.	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		
	11	12	13	14	15		
	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.	Pizza Choice of Cheese, Pepperoni, or Buffalo Chicken. Vegetables			
	Turkey Sandwich on whole grain bread	Ham and Cheese Sandwich on whole grain bread	Roast Beef Sandwich on whole grain bread	Turkey Sandwich on whole grain bread			
18	19	20	21	22			
	Main Item						
	25	26	27	28	29		
	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 Mashed 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		