



UCT Cafeteria Menu

March 2023

	Monday	Tuesday	Wedensday	Thursday	Friday	
Any students			1	2	3	A salad bar
with food			Main Item			and fresh
allergies,			Cheese stuffed	Breaded Chicken	Pizza Choice of	fruit options
o ,			Ravioli with	served with	Cheese, Pepperoni,	are availble
lactose			Marinara sauce. Garlic Breadstick	Piccata sauce.	or Buffalo	daily with
intolerance,			and Vegetables.	Scalloped potatoes and vegetables.	Chicken. Vegetables	your lunch.
or any other			3	Ü		
special			Roast Beef	Ham and Cheese	Turkey Sandwich	
dietary			Sandwich on	Sandwich on	on whole grain	Dorrowses
concerns or			whole grain bread	whole grain bread	bread	Beverage
needs are	6	7	8	9	10	options
encouraged to			Main Item			include skim
consult with	Hamburger or					milk, nonfat
the school	Cheeseburger on a		Cheese Tortelinni		Pizza Choice of	chocolate
nurse.	whole wheat bun,	a	with Marinara	a a .	Cheese, Pepperoni,	milk, and
	oven roasted potatoes, and	Chicken Quesadillas with	Sauce Garlic Breadstick and	Chicken Cordon Bleu with potatoes,	or Buffalo Chicken.	orange juice.
	vegetables	Rice and Corn	Vegetables	and vegetables.	Vegetables	
A turkey						
sandwich on	Turkey Sandwich	Ham and Cheese	Roast Beef	Ham and Cheese	Turkey Sandwich	
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	
peanut butter	13	14	15	16	17	
and jelly			Main Item			
sandwich on	Chicken Patties on		cheese stuffed			
whole wheat	a whole wheat bun,	.	manicotti with		Baked Macaroni	
bread can be	Oven roasted potatoes, and	Philly Cheesesteak Sandwich.	marinara sauce garlic breadstick	General's Tso's Chicken with rice	and Cheese. Garlic Breadstick and	
	Vegetables.	Vegetables	and vegetables	and vegetables	Vegetables	
susbstituted						
for the main	Turkey Sandwich	Ham and Cheese	Roast Beef	Ham and Cheese	Turkey Sandwich	
item or	on whole grain	Sandwich on	Sandwich on	Sandwich on	on whole grain	
sandwich of	bread	whole grain bread	whole grain bread	whole grain bread	bread	
the day.	20	21	22 Main Item	23	24	
	Meatball Sandwich	Beef Taco's with salsa, cheese,	Cheese stuffed Ravioli with	Breaded Chicken served with	Pizza Choice of	
	on a whole wheat bun, Oven roasted	whole wheat	Marinara sauce.	Piccata sauce.	Cheese, Pepperoni, or Buffalo	
	potatoes, and	tortillas, rice and	Garlic Breadstick	Scalloped potatoes	Chicken.	
	Vegetables.	vegetables	and Vegetables.	and vegetables.	Vegetables	
	Turkey Sandwich	Ham and Cheese Sandwich on	Roast Beef Sandwich on	Ham and Cheese Sandwich on	Turkey Sandwich	
	on whole grain bread	whole grain bread	whole grain bread	Sandwich on whole grain bread	on whole grain bread	

27	28	29	30	31				
	Main Item							
Hamburger or Cheeseburger on a whole wheat bun, oven roasted potatoes, and vegetables	Chicken Quesadillas with Rice and Corn	Cheese Tortelinni with Marinara Sauce Garlic Breadstick and Vegetables	Chicken Cordon Bleu with potatoes, 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	Ham and Cheese Sandwich on whole grain bread	Turkey Sandwich on whole grain bread				