

## Carb Count DG & LPC Elementary December 2018 Union Community Schools

Monday	Tuesday	Wednesday	Thursday	Friday
3 Corndog 30g Choice: Hamburger on bun 33g Baked Beans 35.99 Crosstrax Sweet Potatoes 33 Side Kick Fruit Juice 22g  <i>Sausage on Biscuit 27g &amp; Fruit/Juice</i>	4 Macaroni & Cheese 27.44g Choice: Popcorn Chicken 15g Peas 12g Fresh orange slices 12g Cinnamon roll 29.2g  <i>Breakfast bar 8, toast 16, Fruit/Juice</i>	5 Chicken fajita w/moz. Cheese 22g Choice: Soft Shell Beef/cheese Taco 25 Peppers & Onions 8 Potato tots 16g Pineapple 14g  <i>French toast 37g &amp; Fruit/Juice</i>	6 Deli sub Ham/Turkey/cheese on bun 33g Choice: Chicken Fillet on bun 32g Vegetable Soup 11.52g w/crackers 7.5g Apple slices 11.5g  <i>Egg wrap 14 &amp; Fruit/Juice</i>	7 Pizza Crunchers 41g Choice: Cheese Stuffed Breadstick 30 Pizza Green Beans 6.69g Peaches 14g  <i>Blueberry Muffin 30w/string cheese &amp; Fruit/Juice</i>
10 Beef & Moz. Cheese Philly on bun 31g Choice: Hamburger on bun 33g Peppers & onions 8 Sweet Potato soufflé 45g Applesauce 15g  <i>Mini Chicken patty sandwich 25g, fruit/juice</i>	11 Teriyaki Chicken on Asian rice 14g Choice: Chicken Nuggets 16g Garlic Broccoli 5.4g Mandarin Oranges 23g Fortune cookie 2.6g  <i>Breakfast bar 8, toast 16, Fruit/Juice</i>	12 Crispito 23g w/1 Moz. String cheese Choice: Soft Shell Beef/cheese Taco 25 Refried Beans 18g Corn 13g Banana 18g  <i>Pancakes 39 &amp; Fruit/Juice</i>	13 Breakfast for Lunch French toast 37g w/sausage 3g Choice: Chicken Fillet on bun 32g Triangle Hashbrown Potato 31g Grape Juice 18g  <i>Breakfast pizza (sausage gravy) 21 &amp; Fruit/Juice</i>	14 Shrimp poppers 21g w/1 cheese stuffed breadstick 15g Choice: Cheese stuffed Breadstick 30 Green Beans 4g Pears 14g  <i>Yogurt Parfait 43g &amp; Fruit/Juice</i>
17 Italian Grill Chicken Patty on bun 33g Choice: Hamburger patty on bun 33g Broccoli w/cheese 12g Blueberries 10g  <i>Egg patty/cheese on biscuit 27g &amp; fruit/juice</i>	18 Hot Dog on Bun 33g Choice: Chicken fillet On Bun 32g Baked Beans 35.99g Sweet Potato Fries 23g Pears 14g  <i>Breakfast bar 8, Toast 16, &amp; Fruit/Juice</i>	19 Cheese Pizza 32g Choice: Soft Shell Beef/cheese Taco 25 Coleslaw 4.5g Corn 13g Pineapple 14g  <i>French toast 37g &amp; Fruit/Juice</i>	20 Christmas Dinner Ham Cheesy potatoes 39g Green beans 4g Fruit salad 23? Tea roll 20g Chocolate Pie ?  <i>Egg Omelet 1g, toast 16, &amp; fruit/juice</i>	21 2:15 OUT Chili 10.68 w/corn muffin 34g /crackers 7.5g Choice: Cheese stuffed Breadstick 30 Cooked Carrots 6g Peaches 14g  <i>Sunbutter sandwich 33g &amp; fruit/juice</i>
24 Winter Break				

Menu is subject to change.  
 Lunch is in plain type. Breakfast is in *italic*.  
 Milk served with all meals  
 Cereal w/toast, fruit, & milk is offered at breakfast daily.

UMS has alternate deli meat, cheese, & grain offered at lunch.  
 UHS has alternate hamburger on bun or yogurt parfait offered at lunch.  
 All buildings Veg/Fruit bar offered at lunch daily-lettuce, tomato, carrots, a 2<sup>nd</sup> fruit & fresh vegetable.  
 USDA is an equal opportunity provider and employer