


Carb Count UMS December 2018 Union Community Schools

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Corndog 30g Choice: Hamburger on bun 33g Baked Beans 35.99 Crosstrax Sweet Potatoes 33 Side Kick Fruit Juice 22g</p> <p><i>Sausage on Biscuit 27g & Fruit/Juice</i></p>	<p>4 Macaroni & Cheese 27.44g Choice: Popcorn Chicken 15g Peas 12g Fresh orange slices 12g Cinnamon roll 29.2g</p> <p><i>Breakfast bar 8, toast 16, Fruit/Juice</i></p>	<p>5 Chicken fajita w/moz. Cheese 22g Choice: Soft Shell Beef/cheese Taco 25 Peppers & Onions 8 Potato tots 16g Pineapple 14g</p> <p><i>French toast 37g & Fruit/Juice</i></p>	<p>6 Deli sub Ham/Turkey/cheese on bun 33g Choice: Chicken Fillet on bun 32g Vegetable Soup 11.52g w/2 pkg crackers 15g Apple slices 11.5g</p> <p><i>Egg wrap 14 & Fruit/Juice</i></p>	<p>7 Pizza Crunchers 41g Choice: Cheese Stuffed Breadstick 30 Pizza Green Beans 6.69g Peaches 14g</p> <p><i>Blueberry Muffin 30w/string cheese & Fruit/Juice</i></p>
<p>10 Beef & Moz. Cheese Philly on bun 31g Choice: Hamburger on bun 33g Peppers & onions 8 Sweet Potato soufflé 45g Applesauce 15g</p> <p><i>Mini Chicken patty sandwich 25g, fruit/juice</i></p>	<p>11 Teriyaki Chicken on Asian rice 14g Choice: Chicken Nuggets 16g Garlic Broccoli 5.4g Mandarin Oranges 23g Egg Roll 20g</p> <p><i>Breakfast bar 8, toast 16, Fruit/Juice</i></p>	<p>12 2 ct Crispito 46g Choice: Soft Shell Beef/cheese Taco 25 Refried Beans 18g Corn 13g Banana 18g</p> <p><i>Pancakes 39 & Fruit/Juice</i></p>	<p>13 Breakfast for Lunch French toast 37g w/sausage 3g Choice: Chicken Fillet on bun 32g Triangle Hashbrown Potato 31g Grape Juice 18g</p> <p><i>Breakfast pizza (sausage gravy) 21 & Fruit/Juice</i></p>	<p>14 Shrimp poppers 21g w/1 cheese stuffed breadstick 15g Choice: Cheese stuffed Breadstick 30 Green Beans 4g Pears 14g</p> <p><i>Yogurt Parfait 43g & Fruit/Juice</i></p>
<p>17 Italian Grill Chicken Patty on bun 33g Choice: Hamburger patty on bun 33g Broccoli w/cheese 12g Blueberries 10g</p> <p><i>Egg patty/cheese on biscuit 27g & fruit/juice</i></p>	<p>18 Hot Dog on Bun 33g Choice: Chicken fillet On Bun 32g Baked Beans 35.99g Sweet Potato Fries 23g Pears 14g</p> <p><i>Breakfast bar 8, Toast 16, & Fruit/Juice</i></p>	<p>19 Cheese Pizza 39g Choice: Soft Shell Beef/cheese Taco 25 Coleslaw 4.5g Corn 13g Pineapple 14g</p> <p><i>French toast 37g & Fruit/Juice</i></p>	<p>20 Christmas Dinner Ham Cheesy potatoes 39g Green beans 4g Fruit salad 23? Tea roll 20g Chocolate Pie ?</p> <p><i>Egg Omelet 1g, toast 16, & fruit/juice</i></p>	<p>21 2:15 OUT Chili 10.68 w/corn muffin 34g /2pkg crackers 15g Choice: Cheese stuffed Breadstick 30 Cooked Carrots 6g Peaches 14g</p> <p><i>Sunbutter sandwich 33g & fruit/juice</i></p>
<p>24 Winter Break</p>				

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 2nd fruit & fresh vegetable.
USDA is an equal opportunity provider and employer