

## Carb Count UHS January 2019 Union Community Schools

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>NO SCHOOL</b>	2 <b>NO SCHOOL</b>	3 Chicken drumstick 5g w/tea roll 20g Choice: Chicken fillet on bun 32g Mashed Potatoes 15g w/gravy 3g Rosy applesauce 18.75g  <i>Egg wrap 14g &amp; fruit juice</i>	4 Lasagna roll up 29g w/garlic breadstick 13g Choice: Cheese filled breadstick 30g Green beans 4g Pears 14g <i>WG Mini Donuts 41g &amp; fruit/juice</i>
7 Pizza burger on bun 37g Choice: Hamburger patty on bun 33g Crosstrax sweet potatoes 33g Blueberries 10g  <i>Mini chicken patty sandwich 25g, &amp; fruit/juice</i>	8 Pork Chop patty 11g w/2 tea roll 40g Choice: Popcorn Chicken 19.5g w/1 tea roll 20g Mashed potatoes 15g w/gravy 3g Rosy Applesauce 18.75g  <i>Breakfast bar 8g, toast 16g, &amp; fruit/juice</i>	9 Walking Taco 25g Choice: Soft Shell Taco 30g Refried Beans 18g Corn 13g Pineapple 14g Spanish rice 13.69g  <i>French toast 37g &amp; fruit/juice</i>	10 Fish nugget(5) 27.5g w/tea roll 20g Choice: Chicken fillet on bun 32g Vegetable Soup 11.52g w/crackers(2pkg) 15g Banana 18g  <i>Breakfast pizza(sausage/gravy) 21g &amp; fruit/juice</i>	11 Mexican Pasta 14g w/garlic breadstick 13g Choice: Cheese Stuffed Breadstick 30g Peas 12g Peaches 14g  <i>Yogurt parfait 43g &amp; fruit/juice</i>
14 BBQ Pork Rib on hoagie bun 49g Choice: Hamburger on bun 33g Potato tots 16g Baked beans 35.99g Pears 14g  <i>Sausage patty on biscuit 37g &amp; fruit/juice</i>	15 Mandarin Orange Chicken on rice 39g Choice: Chicken Nuggets 19.2g Asian Veggies Mix 2g Mandarin oranges 23g Egg Roll 20g  <i>Breakfast bar 8g, toast 16g, Fruit/Juice</i>	16 Pepperoni Pizza 39g Choice: Soft Shell Beef/cheese Taco 30g Coleslaw 4.5g Corn 13g Pineapple 14g  <i>Pancakes 39g &amp; Fruit/Juice</i>	17 Toasted Cheese sandwich 30g Choice: Chicken fillet on bun 32g Tomato soup 22g w/crackers(2pkg) 15g Apple slices 11.5g  <i>Egg Omelet 1g, Toast 16g, &amp; Fruit/Juice</i>	18 Chicken Alfredo 40.85g w/garlic bread stick 13g Choice: Cheese Stuffed Breadstick 30g Green beans 4g Peaches 14g  <i>Mini Cinnis 39g &amp; Fruit/Juice</i>
21 <b>NO SCHOOL</b>	22 Macaroni & Cheese 27.44g Choice: Popcorn Chicken 19.5g Peas 12g Fresh orange slices 12g (2)Cinnamon roll 58.2g  <i>Breakfast bar 8g, toast 16g, Fruit/Juice</i>	23 Chicken Quesadilla 37g Choice: Soft Shell Beef/cheese Taco 30g Corn 13g Pineapple 14g  <i>French toast 37g &amp; Fruit/Juice</i>	24 Cheese burger on bun 34g Choice: Chicken fillet on bun 32g Baked Beans 35.99g Baked French fries 14g Strawberry & Banana 27g  <i>Breakfast pizza (bacon &amp; egg) 25g &amp; fruit/juice</i>	25 Pizza Crunchers 41g Choice: Cheese Stuffed Breadstick 30g Pizza Green Beans 6.69g Peaches 14g  <i>Blueberry Muffin 30g w/string cheese &amp; Fruit/Juice</i>
28 Meatball w/Moz.cheese sub 56g Choice: Hamburger on bun 33g Sweet Potato fries 23g Pears 14g  <i>Egg patty/cheese on biscuit 27g &amp; fruit/juice</i>	29 Teriyaki Chicken on Asian rice 14g Choice: Chicken Nuggets 19.2g Cooked Carrots 6g Mandarin Oranges 23g Egg Roll 20g  <i>Breakfast bar 8g, toast 16g, Fruit/Juice</i>	30 (2 ct) Crispito 46g Choice: Soft Shell Beef/cheese Taco 30g Refried Beans 18g Corn 13g Banana 18g  <i>Pancakes 39g &amp; Fruit/Juice</i>	31 Breakfast for Lunch French toast 37g w/sausage 3g Choice: Chicken Fillet on bun 32g Triangle Hashbrown Potato 31g Grape Juice 18g  <i>Egg wrap 14g &amp; Fruit/Juice</i>	Feb.1 Shrimp poppers 21g w/1cheese stuffed breadstick 15g Choice: Cheese stuffed Breadstick 30g Green Beans 4g Apple slices 11.5g  <i>Yogurt Parfait 43g &amp; Fruit/Juice</i>

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 deli meat, cheese, & grain, 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.

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