

Carb. Ct. UHS May 2019 Union Community Schools

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Breakfast options everyday</i> <i>Uncrustable 32g</i> <i>Muffin 30g w/string cheese</i> <i>Cereal 23g w/toast 16g</i> <i>2slices toast 32g</i> <i>All served with fruit/juice & milk</i></p>		<p>1 Cheese pizza 39g Choice: Soft Shell Beef/cheese Taco 30 Refried Beans 18g Corn 13g Banana 18g <i>Pancakes 39g & Fruit/Juice</i></p>	<p>2 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 & Fruit/Juice</i></p>	<p>3 Shrimp poppers 21g w/1cheese stuffed breadstick 15g Choice: Cheese stuffed Breadstick 30 Cooked carrots 6g Apple slices 11.5g <i>Yogurt Parfait43g & Fruit/Juice</i></p>
<p>6 Italian Grill Chicken Patty on bun 33g Choice: Hamburger patty on bun 33g Broccoli, cauliflower, carrot w/cheese 5.4g Peaches 14g <i>Egg patty/cheese on biscuit 27g & fruit/juice</i></p>	<p>7 Pork Chop patty 11g Choice: Popcorn Chicken 19.5g Mashed Potato 15g w/gravy 3g Rosy Applesauce 18.75g Tea roll 20g (2rolls 40g) <i>Breakfast bar8g, toast16g, & fruit/juice</i></p>	<p>8 Beef & Bean Nacho's 44.5g Choice: Soft Shell Beef/cheese Taco 30 Corn 13g Pineapple 14g <i>French toast 37g & Fruit/Juice</i></p>	<p>9 Pork Rib on Bun 37g Choice: Chicken fillet on bun 32g Baked Beans 35.99g Crosstrax Sweet Potatoes 33g Fresh oranges slices 12g Egg Omelet1g, toast16g, & Fruit/Juice</p>	<p>10 Pizza Crunchers 41g Choice:Cheese stuffed Breadstick 30 Mixed veggies 12g Blueberries 10g <i>Mini Cinnis 39g & Fruit/Juice</i></p>
<p>13 Meatball w/Moz.cheese sub 52g Choice: Hamburger on bun 33g Sweet Potato Fries 23g Pears 14g <i>Mini Chicken sandwich 25g & fruit/juice</i></p>	<p>14 Sweet Thai Chili Chicken on rice 45g Choice: Chicken nuggets 19.2g Garlic Broccoli 5.4g Mandarin oranges 23g Egg roll 20g <i>Breakfast bar8g, toast16g, & fruit/juice</i></p>	<p>15 Senior's Choice(Last Day!) Crispito (2ct)46g Choice: Soft Shell Beef/cheese Taco 30 Cheesy Potatoes 39g Strawberries & banana 27g Chocolate Pie 35? <i>Pancakes 39g& Fruit/Juice</i></p>	<p>16 Hot Dog on bun 33g Choice: Chicken fillet on bun 32g Baked Beans 35.99g Potato tots 16g Grapes 12g <i>Breakfast pizza 25g & Fruit/Juice</i></p>	<p>17 Lasagna roll up 29g w/garlic breadstick 15g Choice: Cheese filled breadstick 30g Green beans 4g Mixed fruit 19g <i>Blueberry muffin30g/string cheese & Fruit/Juice</i></p>
<p>20 Corndog 30g Choice: Hamburger on bun 33g Broccoli w/cheese 12g Pears 14g <i>Sausage/pancake stick19g & Fruit/Juice</i></p>	<p>21 Salisbury Steak 3g w/tea roll 20g Choice: Popcorn Chicken 19.5g Mashed Potatoes 15g w/gravy 3g Rosy Applesauce 18.75g <i>Breakfast bar8g, toast16g, Fruit/Juice</i></p>	<p>22 Pepperoni Pizza 39g Choice: Soft Shell Beef/cheese Taco 30 Coleslaw 9 (1/2 c) Corn 13g Pineapple 14g <i>French toast 37g & Fruit/Juice</i></p>	<p>23 Cheeseburger on bun 34g Choice: Chicken Fillet on bun 32g Baked Beans 35.99g Green beans 4g Mandarin Oranges 23g <i>Egg wrap 14g & Fruit/Juice</i></p>	<p>24 2:15 Dismissal Deli turkey, ham, & cheese On Hoagie bun 45g Choice Cheese filled Breadstick 30g Baked potato chips 26 Cooked carrots 6g Applesauce cup 15g <i>WG Donut 41g & fruit/juice</i></p>
<p>27 NO SCHOOL</p>	<p>28 Cook's Choice</p>	<p>29 Cook's Choice</p>	<p>30 Cook's Choice</p>	<p>31 Cook's Choice</p>
<p>June 3 Cook's Choice</p>	<p>June 4 Cook's Choice</p>	<p>June 5 Last Day! <i>Breakfast only</i> <i>Cook's Choice</i></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