

## Carb Count DG & LPC Elementary August 2019 Union Community Schools

Monday	Tuesday	Wednesday	Thursday	Friday
				23 Cheese pizza 32 Corn 13 Watermelon 6  <i>WG Mini Donut 41g &amp; Fruit/Juice</i>
26 Pulled Pork on bun 30g Choice: Hamburger on bun 32g Baked beans 35.99 Coleslaw 4.5g (1/4c) Applesauce 15g  <i>Sausage patty, Toast15g, &amp; fruit/juice</i>	27 Mandarin Orange Chicken on rice 39g Choice: Chicken Nuggets 16g Green Beans 4g Mandarin oranges 23g  <i>Breakfast bar8g, toast15g, &amp; fruit/juice</i>	28 Chicken/cheese Fajita w/tortilla 24.5g Choice: Soft Shell Taco 26g Mexican Corn(Baja) 18g Pineapple 14g  <i>French toast 37g &amp; Fruit/juice</i>	29 Chicken Drumstick 5g w/tea roll 20g Choice:DeliTurkey/cheese/bun 28g Mashed Potatoes 15g w/gravy 3g Melon 6.5  <i>Egg Omelet1g, Toast15g, &amp; Fruit/Juice</i>	30 2:25 Dismissal Lasagna Roll Up 38g w/garlic breadstick15g Choice: Cheese filled Breadsticks 30g Garlic Broccoli 5.4g Peaches 14g  <i>Blueberry muffin30g, string cheese, &amp; Fruit/Juice</i>

Menu is subject to change without notice. Lunch is in plain type. Breakfast is in <i>italic</i> . 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 or 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
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