

## Carb Count UHS August 2019 Union Community Schools

Monday	Tuesday	Wednesday	Thursday	Friday
				23 Cheese pizza 39g Corn 13g Watermelon 6g  <i>WG Mini Donut 41g &amp; Fruit/Juice</i>
26 BBQ Pork Potato Canoes 33.25 w/2 tea roll 40g Choice: Hamburger on bun 32g Baked beans 35.99g Coleslaw (1/2c) 9g Applesauce 15g  <i>Sausage patty, Toast 15g, &amp; fruit/juice</i>	27 Mandarin Orange Chicken on rice 39g Choice: Chicken Nuggets 19.2g Green Beans 4g Mandarin oranges 23g Egg Roll 24g  <i>Breakfast bar 8g, toast 15g, &amp; fruit/juice</i>	28 Chicken/cheese Fajita w/tortilla 30g Choice: Soft Shell Taco 33g Mexican Corn(Baja) 18g Pineapple 14g  <i>French toast 37g &amp; Fruit/juice</i>	29 Chicken Drumstick 5g w/tea roll 20g Choice: Deli Turkey/cheese/bun 28g Mashed Potatoes 15g w/gravy 3g Melon 6.5  <i>Egg Omelet 1g, Toast 15g, &amp; Fruit/Juice</i>	30 2:25 Dismissal Lasagna Roll Up 38g w/garlic breadstick 15g Choice: Cheese filled Breadsticks 30g Garlic Broccoli 5.4g Peaches 14g  <i>Blueberry muffin, 30g string cheese, &amp; Fruit/Juice</i>

Menu is subject to change without notice.

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 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