

Carb Count UMS August 2019 Union Community Schools

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| | | | | 23 Cheese pizza 39g Corn 13g Watermelon 6g <i>WG Mini Donut 41g & Fruit/Juice</i> |
| 26 BBQ Pork Potato Canoes 33.25g W/tea roll 20g Choice: Hamburger on bun 32g Baked beans 35.99g Coleslaw 4.5g (1/4c) Applesauce 15g <i>Sausage patty, Toast 15g, & fruit/juice</i> | 27 Mandarin Orange Chicken on rice 39g Choice: Chicken Nuggets 16g Green Beans 4g Mandarin oranges 23g Egg Roll 24g <i>Breakfast bar 8g, toast 5g, & 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 & Fruit/juice</i> | 29 Chicken Drumstick 5g w/tea roll 20g Choice: Deli Turkey/cheese/bun 28g Mashed Potatoes 15g w/gravy 3g Melon 6.5g <i>Egg Omelet 1g, Toast 15g, & 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, & Fruit/Juice</i> |
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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 2nd fruit & fresh vegetable.

USDA is an equal opportunity provider and employer