

Carb Count UMS September 2019 Union Community Schools

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Labor Day No School</p>	<p>3 Pork Chop Patty 11g Choice: Popcorn Chicken 15g Mashed Potato 14g w/gravy 3g Rosy Applesauce 18.75 Tea Roll 20g <i>Breakfast Bar 8g, Toast 15g, & Fruit/Juice</i></p>	<p>4 Walking taco 25g Choice: Soft Shell Taco 25g Refried Beans 18g Corn 13g Pears 14g <i>Pancakes 39g & Fruit/Juice</i></p>	<p>5 Garlic Cheese French Bread Pizza 26 Choice: Deli Ham/cheese on bun 29g Green Beans 4g Watermelon 6g <i>Egg Wrap 14g & Fruit/Juice</i></p>	<p>6 Mexican Pasta 14g w/garlic breadstick 15g Choice: Cheese filled Breadstick 30g Cooked Carrots 6g Peaches 14g <i>Mini Cinnis 39g Fruit/Juice</i></p>
<p>9 BBQ Pork Rib on bun 37g Choice: Hamburger on bun 33g Baked Beans 35.99g Baked French Fries 14g Pears 14g <i>Sausage Pancake Stick 19g & Fruit/Juice</i></p>	<p>10 Sweet Thai Chicken on rice 45g Choice: Chicken nuggets 16g Asian Veggies 2g Mandarin Oranges 23g Egg roll 24g <i>Breakfast Bar 8g, Toast 15g, & Fruit/Juice</i></p>	<p>11 Queso Blanco cheese 3g on tortilla chips 28.5g Choice: Soft Shell Taco 25g Taco Fiesta Bean 20g Corn 13g Apple slices 11.5g <i>French Toast 37g & Fruit/Juice</i></p>	<p>12 Pepperoni Pizza 39g Choice: Deli Turkey/cheese on bun 32 Green beans 4g Side Kick Fruit Juice 22g <i>Egg/Cheese Omelet 1g, toast 15g, & Fruit/Juice</i></p>	<p>13 Chicken Alfredo 40.85g w/garlic Breadstick 13g Choice: Cheese filled Breadstick 30g Peas 12g Grapes 12g <i>Yogurt Parfait 43g & Fruit/Juice</i></p>
<p>16 Corndog 30g Choice: Hamburger on bun 33g Broccoli w/cheese 12g Peaches 14g <i>Egg Patty/cheese on biscuit 27g & Fruit/Juice</i></p>	<p>17 Macaroni & Cheese 27.44g Choice: Popcorn Chicken 15g Peas 12g Blueberries 10g Cinnamon roll 29.2g <i>Breakfast Bar 8g, Toast 15g, & Fruit/Juice</i></p>	<p>18 Chicken Quesadilla 37g Choice: Soft Shell Taco 25g Corn 13g Strawberries 36g <i>Pancakes 39g & Fruit/Juice</i></p>	<p>19 Chicken fillet on bun 32g Choice: Deli Ham/cheese on bun 29g Baked Beans 35.99g Potato Tots 16g Melon 6.5g <i>Breakfast pizza 25g & Fruit/Juice</i></p>	<p>20 Pizza Cruncher 41g Choice: Cheese filled Breadstick 30g Green beans 4g Pineapple 14g <i>WG Mini Donuts 41g & Fruit/Juice</i></p>
<p>23 Meatball/cheese sub 39g Choice: Hamburger on bun 33g Crosstrax Sweet Potatoes 33g Pears 14g <i>Sausage patty 1g, Toast 15g, & Fruit/Juice</i></p>	<p>24 Teriyaki Beef Dippers 6g on Asian rice 22g Choice: Chicken nuggets 16g Broccoli 5g Mandarin Oranges 23g Egg roll 24g <i>Breakfast Bar 8g, Toast 15g, & Fruit/Juice</i></p>	<p>25 Crispito 46g Choice: Soft Shell Taco 25g Refried Beans 18g Corn 13g Apple Slices 11.5g <i>French toast 37g & Fruit/Juice</i></p>	<p>26 Pancakes 39g w/sausage smokies 3g Choice: Deli Turkey/cheese on bun 32 Triangle hash brown Potato 31g Grape Juice 18g Banana 18g <i>Egg Wrap 14g & Fruit/Juice</i></p>	<p>27 Shrimp Poppers 21g w/1 cheese filled breadstick 15g Choice: Cheese filled Breadstick 30g Green beans 4g Peaches 14g <i>Blueberry Muffin 30g, String Cheese & Fruit/Juice</i></p>
<p>30 Italian Chicken patty on bun 33g Choice: Hamburger on bun 33g Broccoli, cauliflower, carrot w/cheese 5.4g Rosy Applesauce 18.75g <i>Sausage Pancake Stick 19g & Fruit/Juice</i></p>				

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, 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