


## Carb Count UHS October 2019 Union Community Schools

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Breakfast Alternate Choices;</i>  <i>Cereal 22g-25g</i>  <i>Toast 2 slices 30g</i>  <i>Muffin 30g</i>  <i>String cheese 2g</i>  <i>Yogurt Trix-15g</i>  <i>Uncrustable 32g</i></p>	<p>1                      Salisbury Steak 3g                      Choice: Popcorn Chicken 15g                      Mashed Potatoes 14g w/gravy 3g                      Blueberries 10g                      Tea roll 20g (2 tea roll 40g)   <i>Breakfast bar8g, toast15g, &amp; fruit/juice</i></p>	<p>2                      Beef &amp; Bean Nacho's 44.5g                      Choice: Soft Shell taco 33g                      Corn 13g                      Peaches 14g   <i>Pancakes 39g &amp; Fruit/juice</i></p>	<p>3                      Fish Nuggets 23g w/tea roll 20g                      Choice: Deli Ham/cheese on bun 32g                      Baked Beans 35.99g                      Sweet potato fries 17g                      Grapes 9g                      Chocolate chip cookie 18g                      Egg Omelet 1g, Toast 15g,                      &amp; Fruit/Juice</p>	<p>4                      Spaghetti w/meat sauce 34.24?                      &amp; garlic breadstick 15g                      Choice: Cheese filled Breadstick 30g                      Mixed Veggies 12g                      Pears 14g   <i>Mini Cinnis39g &amp; Fruit/Juice</i></p>
<p>7                      Pulled Pork on bun 30g                      Choice: Cowboy burger on bun                      Baked beans 35.99g                      Coleslaw 1/4c 4.5g                      Pineapple 14g   <i>Egg Patty/cheese on biscuit 31g,                      &amp; fruit/juice</i></p>	<p>8                      Mandarin Orange Chicken on rice 39g                      Choice: Chicken Nuggets 16g                      Green Beans 4g                      Mandarin oranges 23g                      Egg Roll 20g   <i>Breakfast bar8g, toast15g, &amp; fruit/juice</i></p>	<p>9                      Chicken/cheese Fajita w/tortilla 30g                      Choice: Soft Shell Taco 33g                      Mexican Corn(Baja) 18g                      Peppers &amp; onions 4.5g                      Peaches 14g   <i>French toast 37g &amp; Fruit/juice</i></p>	<p>10                      Chicken Drumstick 5g w/tea roll 20g                      Choice: Deli Turkey/cheese/bun31g                      Mashed Potatoes 15g w/gravy 3g                      Melon 6.5g   <i>Breakfast pizza25g, &amp; Fruit/Juice</i></p>	<p>11 Iowa Local Food Day!                      Loose meat Hamburger on Bun 30g                      (Local Beef from Farmin' with Mark)                      Roasted butternut squash 11g                      (Local Iowa growers)                      Apple slices 11.5g                      (Local from Beck Orchard)   <i>Yogurt Parfait 43g &amp; Fruit/Juice</i></p>
<p>14                      Hot Dog on bun 31g                      Choice: Cheeseburger on bun 33g                      Sweet potato crosstrax 23g                      Sauerkraut 1/8c .5g                      Mandarin oranges 23g                      Sausage biscuit 31g &amp; Fruit/Juice</p>	<p>15                      Pork Chop Patty 11g                      Choice: Popcorn Chicken 15g                      Mashed Potato 14g w/gravy 3g                      Rosy Applesauce 18.75g                      Tea Roll 20g  <i>Breakfast bar8g, toast15g, &amp; Fruit/Juice</i></p>	<p>16                      Walking taco 25g                      Choice: Soft Shell Taco 26g                      Refried Beans 18g                      Corn 13g                      Pears 14g                      Pancakes 39g &amp; Fruit/Juice</p>	<p>17                      Cheese Pizza 39g                      Choice: Deli Ham/cheese on bun 32g                      Cooked Carrots 6g                      Grapes 9g                      Egg Wrap 14g &amp; Fruit/Juice</p>	<p>18                      Mexican Pasta 14g                      w/garlic breadstick 15g                      Choice: Cheese filled Breadstick 30g                      Peas 12g                      Peaches 14g                      Mini donuts 41g &amp; Fruit/Juice</p>
<p>21                      BBQ Pork Rib on bun 36g                      Choice: Cowboy burger on bun                      Baked Beans 35.99g                      Baked French Fries 14g                      Pears 14g                      Sausage Pancake Stick 19g &amp; Fruit/Juice</p>	<p>22 2:25 Dismissal                      Sweet Thai Chicken on rice 45g                      Choice: Chicken nuggets 16g                      Asian Veggies 2g                      Mandarin Oranges 23g                      Egg Roll 20g  <i>Breakfast Bar8g, Toast15g, &amp; Fruit/Juice</i></p>	<p>23                      Queso Blanco cheese 2g (2oz)                      Beef Taco meat-4.5g(#20)                      on tortilla chips 38g                      Choice: Soft Shell Taco 26g                      Black bean salsa 1/2c 16.73g                      Corn 13g                      Apple slices 11.5g                      French Toast 37g &amp; Fruit/Juice</p>	<p>24 2:25 Dismissal                      Pepperoni Pizza 39g                      Choice: Deli Turkey/cheese/bun31g                      Green beans 4g                      Side Kick Fruit Juice 22g   <i>Egg/Cheese Omelet1g, toast 15g , &amp; Fruit/Juice</i></p>	<p>25  <b>No School</b></p>
<p>28                      Corndog 30g                      Choice: Cheeseburger on bun 33g                      Broccoli w/cheese 12g                      Peaches 14g   <i>Egg Patty/cheese on biscuit 31g                      &amp; Fruit/Juice</i></p>	<p>29                      Macaroni &amp; Cheese 27.44g                      Choice: Popcorn Chicken 15g                      Peas 12g                      Blueberries 10g                      Cinnamon roll 2ct 58.4g  <i>Breakfast Bar8g, Toast15g, &amp; Fruit/Juice</i></p>	<p>30                      Chicken Quesadilla 37g                      Choice: Soft Shell Taco 26g                      Corn 13g                      Strawberries 36g   <i>Pancakes39g &amp; Fruit/Juice</i></p>	<p>31                      Chicken fillet on Ciabatta bun 30g                      Choice: Deli Ham/cheese on bun 32g                      Baked Beans 35.99g                      Potato Tots 16g                      Orange Applesauce 18.75g   <i>Breakfast pizza 25g &amp; Fruit/Juice</i></p>	



<p>Menu is subject to change without notice.                      Lunch is in plain type. Breakfast is in <i>italic</i>.                      Milk served with all meals                      USDA is an equal opportunity provider and employer</p>	<p>UMS has alternate deli meat, cheese, &amp; grain offered at lunch.                      UHS has alternate deli meat, cheese &amp; grain, hamburger on bun or yogurt parfait 81g offered at lunch.                      All buildings Veg/Fruit bar offered at lunch daily-lettuce, tomato, carrots, a 2<sup>nd</sup> fruit &amp; fresh vegetable.</p>	
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