

Carb Count UMS 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></p>	<p>1 Salisbury Steak 3g Choice: Popcorn Chicken 15g Mashed Potatoes 14g w/gravy 3g Blueberries 10g Tea roll 20g</p> <p><i>Breakfast bar8g, toast15g, & fruit/juice</i></p>	<p>2 Beef & Bean Nacho's 35g Choice: Soft Shell taco 26g Corn 13g Peaches 14g</p> <p><i>Pancakes 39g & Fruit/juice</i></p>	<p>3 Fish Nuggets 23g 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, & Fruit/Juice</p>	<p>4 Spaghetti w/meat sauce 34.24? & garlic breadstick 15g Choice: Cheese filled Breadstick 30g Mixed Veggies 12g Pears 14g</p> <p><i>Mini Cinnis39g & Fruit/Juice</i></p>
<p>7 Pulled Pork on bun 30g Choice: Hamburger on bun 32g Baked beans 35.99g Coleslaw 1/4c 4.5g Pineapple 14g</p> <p><i>Egg Patty/cheese on biscuit 31g, & 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</p> <p><i>Breakfast bar8g, toast15g, & fruit/juice</i></p>	<p>9 Chicken/cheese Fajita w/tortilla 24.5g Choice: Soft Shell Taco 26g Mexican Corn(Baja) 18g Peppers & onions 4.5g Peaches 14g</p> <p><i>French toast 37g & 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</p> <p><i>Breakfast pizza25g, & 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)</p> <p><i>Yogurt Parfait 43g & 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</p> <p><i>Sausage biscuit 31g & Fruit/Juice</i></p>	<p>15 Pork Chop Patty 11g Choice: Popcorn Chicken 15g Mashed Potato 14g w/gravy 3g Rosy Applesauce 18.75g Tea Roll 20g</p> <p><i>Breakfast bar8g, toast15g,&Fruit/Juice</i></p>	<p>16 Walking taco 25g Choice: Soft Shell Taco 26g Refried Beans 18g Corn 13g Pears 14g</p> <p><i>Pancakes 39g & Fruit/Juice</i></p>	<p>17 Cheese Pizza 39g Choice: Deli Ham/cheese on bun 32g Cooked Carrots 6g Grapes 9g</p> <p><i>Egg Wrap 14g & Fruit/Juice</i></p>	<p>18 Mexican Pasta 14g w/garlic breadstick 15g Choice: Cheese filled Breadstick 30g Peas 12g Peaches 14g</p> <p><i>Mini donuts 41g & Fruit/Juice</i></p>
<p>21 BBQ Pork Rib on bun 36g Choice: Hamburger on bun 32g Baked Beans 35.99g Baked French Fries 14g Pears 14g Sausage Pancake Stick 19g & 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 Breakfast Bar8g, Toast15g, & Fruit/Juice</p>	<p>23 Queso Blanco cheese 3g on tortilla chips 28.5g Choice: Soft Shell Taco 26g Black bean salsa 1/2c 16.73g Corn 13g Apple slices 11.5g French Toast 37g & Fruit/Juice</p>	<p>24 2:25 Dismissal Pepperoni Pizza 39g Choice: Deli Turkey/cheese/bun31g Green beans 4g Side Kick Fruit Juice 22g</p> <p><i>Egg/Cheese Omelet1g, toast 15g , & Fruit/Juice</i></p>	<p>25 No School</p>
<p>28 Corndog 30g Choice: Cheeseburger on bun 33g Broccoli w/cheese 12g Peaches 14g</p> <p><i>Egg Patty/cheese on biscuit 31g & Fruit/Juice</i></p>	<p>29 Macaroni & Cheese 27.44g Choice: Popcorn Chicken 15g Peas 12g Blueberries 10g Cinnamon roll 29.2g Breakfast Bar8g, Toast15g, & Fruit/Juice</p>	<p>30 Chicken Quesadilla 37g Choice: Soft Shell Taco 26g Corn 13g Strawberries 36g</p> <p><i>Pancakes39g & 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</p> <p><i>Breakfast pizza 25g & 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, & 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.</p>	
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