

UMS October 2019 Union Community Schools

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Breakfast Alternate Choices; Cereal Toast Muffin String cheese Yogurt</i>	1 Salisbury Steak Choice: Popcorn Chicken Mashed Potatoes w/gravy Blueberries Tea Roll <i>Breakfast bar, toast, & fruit/juice</i>	2 Beef & Bean Nacho's Choice: Soft Shell taco Corn Peaches <i>Pancakes & Fruit/juice</i>	3 Fish Nuggets Choice: Deli Ham/cheese on bun Baked Beans Sweet potato fries Grapes Chocolate chip cookie <i>Egg Omelet, Toast, & Fruit/Juice</i>	4 Spaghetti w/meat sauce & garlic breadstick Choice: Cheese filled Breadstick Mixed Veggies Pears <i>Mini Cinnis & Fruit/Juice</i>
7 Pulled Pork on bun Choice: Hamburger on bun Baked beans Coleslaw Pineapple <i>Egg Patty/cheese on biscuit, & fruit/juice</i>	8 Mandarin Orange Chicken on rice Choice: Chicken Nuggets Green Beans Mandarin oranges Egg Roll <i>Breakfast bar, toast, & fruit/juice</i>	9 Chicken/cheese Fajita w/tortilla Choice: Soft Shell Taco Mexican Corn(Baja) Peppers& Onions Peaches <i>French toast & Fruit/juice</i>	10 Chicken Drumstick w/tea roll Choice: Deli Turkey/cheese on bun Mashed Potatoes w/gravy Melon <i>Breakfast pizza, & Fruit/Juice</i>	11 Iowa Local Food Day! Loose meat Hamburger on Bun (Local Beef from Farmin' with Mark) Roasted butternut squash (Local Iowa growers) Apple slices (Local from Beck Orchard) <i>Yogurt Parfait & Fruit/Juice</i>
14 Hot Dog on bun Choice: Cheeseburger on bun Sweet potato crosstrax Sauerkraut Mandarin oranges <i>Sausage biscuit & Fruit/Juice</i>	15 Pork Chop Patty Choice: Popcorn Chicken Mashed Potato w/gravy Rosy Applesauce Tea Roll <i>Breakfast Bar, Toast, & Fruit/Juice</i>	16 Walking taco Choice: Soft Shell Taco Refried Beans Corn Pears <i>Pancakes & Fruit/Juice</i>	17 Cheese Pizza Choice: Deli Ham/cheese on bun Cooked Carrots Grapes <i>Egg Wrap & Fruit/Juice</i>	18 Mexican Pasta w/garlic breadstick Choice: Cheese filled Breadstick Peas Peaches <i>Mini donuts & Fruit/Juice</i>
21 BBQ Pork Rib on bun Choice: Hamburger on bun Baked Beans Baked French Fries Pears <i>Sausage Pancake Stick & Fruit/Juice</i>	22 2:25 Dismissal Sweet Thai Chicken on rice Choice: Chicken nuggets Asian Veggies Mandarin Oranges Egg Roll <i>Breakfast Bar, Toast, & Fruit/Juice</i>	23 Queso Blanco cheese on tortilla chips Choice: Soft Shell Taco Black Bean Salsa Corn Apple slices <i>French Toast & Fruit/Juice</i>	24 2:25 Dismissal Pepperoni Pizza Choice: Deli Turkey/cheese on bun Green beans Side Kick Fruit Juice <i>Egg/Cheese Omelet, toast, & Fruit/Juice</i>	25 No School
28 Corndog Choice: Cheeseburger on bun Broccoli w/cheese Peaches <i>Egg Patty/cheese on biscuit & Fruit/Juice</i>	29 Macaroni & Cheese Choice: Popcorn Chicken Peas Blueberries Cinnamon roll <i>Breakfast Bar, Toast, & Fruit/Juice</i>	30 Chicken Quesadilla Choice: Soft Shell Taco Corn Strawberries <i>Pancakes & Fruit/Juice</i>	31 Chicken fillet on Ciabatta bun Choice: Deli Ham/cheese on bun Baked Beans Potato Tots Orange Applesauce <i>Breakfast pizza & Fruit/Juice</i>	

Menu is subject to change without notice.
 Lunch is in plain type. Breakfast is in *italic*.
 Milk served with all meals
 USDA is an equal opportunity provider and employer

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.