


## UHS Carb Count November 2019 Union Community Schools

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Breakfast Alternate Choices:</i> Cereal 22g-25g Toast 2 slices 30g Muffin 30g String cheese 2g Yogurt 15g Uncrustable 32g				1 Pizza Cruncher 41g Choice: Cheese filled Breadstick 30g Green beans 4g Pineapple 14g  <i>WG Mini Donuts 41g &amp; Fruit/Juice</i>
4 Meatball/cheese sub 39 Choice: Cheeseburger on bun 33g Crosstrax Sweet Potatoes 23g Pears 14g  <i>Sausage patty on Biscuit 31g &amp; Fruit/Juice</i>	5 Teriyaki Chicken on Asian rice 14g Choice: Chicken nuggets 19.2g Broccoli 5g Mandarin Oranges 23g Egg Roll 20g <i>Breakfast Bar 8g, Toast 15g, &amp; Fruit/Juice</i>	6 Crispito 2 ct 46g Choice: Soft Shell Taco 33g Refried Beans 18g Corn 13g Apple Slices 11.5g  <i>French Toast 37g &amp; Fruit/Juice</i>	7 Pancakes 39g w/sausage smokies 3g Choice: Deli Turkey/cheese on bun 32 Triangle hash brown Potato 31g Grape Juice 15g Banana 18g  <i>Egg Wrap 14g &amp; Fruit/Juice</i>	8 Shrimp Poppers 19g w/1 cheese filled breadstick 15g Choice: Cheese filled Breadstick 30g Green beans 4g Peaches 14g  <i>Yogurt Parfait 43g &amp; Fruit/Juice</i>
11 Italian Chicken patty on bun 33g Choice: Cowboyburger on bun 43.2g Broccoli, cauliflower, carrot w/cheese 5.4g Rosy Applesauce 18.75g  <i>Sausage Pancake Stick &amp; Fruit/Juice</i>	12 Salisbury Steak 3g w/ 2 ct tea roll 40g Choice: Popcorn Chicken 19.5g 1 tea roll 20g Mashed Potatoes 14g w/gravy 3g Coleslaw 1/4c 4.5g Blueberries 10g  <i>Breakfast bar 8g, toast 15g, &amp; fruit/juice</i>	13 Beef & Bean Nacho's 44.5g Choice: Soft Shell taco 33g Corn 13g Peaches 14g  <i>Pancakes 39g &amp; Fruit/juice</i>	14 Fish Nuggets 23g w/1 tea roll 20g Choice: Deli Ham/cheese on bun 32g Baked Beans 35.99g Sweet potato fries 17g Orange slices 60g Chocolate chip cookie 18g Egg Omelet 1g, Toast 15g, & Fruit/Juice	15 Spaghetti w/meat sauce 34.24? & garlic breadstick 13g Choice: Cheese filled Breadstick 30g Mixed Veggies 12g Pears 14g  <i>Mini Cinnis 39g &amp; Fruit/Juice</i>
18 Pulled Pork on bun 30g Choice: cowboyburger on bun 43.2g Broccoli w/cheese sauce 12g Pineapple 14g  <i>Egg Patty/cheese on biscuit 31g, &amp; fruit/juice</i>	19 Mandarin Orange Chicken on rice 39g Choice: Chicken Nuggets 19.2g Asain Veggies 2g Mandarin oranges 23g Egg Roll 20g  <i>Breakfast bar 8g, toast 15g, &amp; fruit/juice</i>	20 Chicken/cheese Fajita w/tortilla 30g Choice: Soft Shell Taco 33g Mexican Corn(Baja) 18g Refried Beans 18g Apple Slices 11.5g  <i>French toast 37g &amp; Fruit/juice</i>	21 Thanksgiving Dinner Turkey Mashed Potatoes 14g w/gravy 3g Green Beans 4g Fruit salad 23? 2 ct Tea Roll 40g Pumpkin Pudding Dessert 44g  <i>Breakfast pizza 25g &amp; Fruit/Juice</i>	22 Lasagna Roll Up 38g w/garlic breadstick 13g Choice: Cheese filled Breadsticks 30g Corn & Carrots 13.24g Peaches 14g  <i>Mini Bagel w/cream cheese (Pillsbury) 42g &amp; Fruit/Juice</i>
25 Hot Dog on bun 31g Choice: Cheeseburger on bun 33g Sweet potato crosstrax 23g Sauerkraut 1/8c .5g Mandarin oranges 23g Sausage patty on biscuit 31g & Fruit/Juice	26 Garlic Cheese French Bread Pizza 26g Choice: Deli Ham/cheese on bun 32g Corn 13g Pineapple 14g  <i>Breakfast Bar 8g, Toast 15g, &amp; Fruit/Juice</i>	27 <b>No School</b>	 <p><b>Happy Thanksgiving</b></p>	29 <b>No School</b>

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.  
 UMS has alternate deli meat, cheese & 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 & fresh vegetable.  
 USDA is an equal opportunity provider and employer