


UMS 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				1 Pizza Cruncher 41g Choice: Cheese filled Breadstick 30g Green beans 4g Pineapple 14g <i>WG Mini Donuts 41g & Fruit/Juice</i>
4 Meatball/cheese sub 37.25 Choice: Cheeseburger on bun 33g Crosstrax Sweet Potatoes 23g Pears 14g <i>Sausage patty on Biscuit 31g & Fruit/Juice</i>	5 Teriyaki Chicken on Asian rice 14g Choice: Chicken nuggets 16g Broccoli 5g Mandarin Oranges 23g Egg Roll 20g <i>Breakfast Bar 8g, Toast 15g, & Fruit/Juice</i>	6 Crispito 2 ct 46g Choice: Soft Shell Taco 26g Refried Beans 18g Corn 13g Apple Slices 11.5g <i>French Toast 37g & Fruit/Juice</i>	7 Pancakes 39g w/sausage smokies 3g Choice: Deli Turkey/cheese on bun 32g Triangle hash brown Potato 31g Grape Juice 15g Banana 18g <i>Egg Wrap 14g & 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 & Fruit/Juice</i>
11 Italian Chicken patty on bun 33g Choice: Hamburger on bun 32g Broccoli, cauliflower, carrot w/cheese 5.4g Rosy Applesauce 18.75g <i>Sausage Pancake Stick & Fruit/Juice</i>	12 Salisbury Steak 3g w/tea roll 20g Choice: Popcorn Chicken 15g Mashed Potatoes 14g w/gravy 3g Coleslaw 1/4c 4.5g Blueberries 10g <i>Breakfast bar 8g, toast 15g, & fruit/juice</i>	13 Beef & Bean Nacho's 35g Choice: Soft Shell taco 26g Corn 13g Peaches 14g <i>Pancakes 39g & Fruit/juice</i>	14 Fish Nuggets 23g 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 & Fruit/Juice</i>
18 Pulled Pork on bun 30g Choice: Hamburger on bun 32g Broccoli w/cheese sauce 12g Pineapple 14g <i>Egg Patty/cheese on biscuit 31g, & fruit/juice</i>	19 Mandarin Orange Chicken on rice 39g Choice: Chicken Nuggets 16g Asain Veggies 2g Mandarin oranges 23g Egg Roll 20g <i>Breakfast bar 8g, toast 15g, & fruit/juice</i>	20 Chicken/cheese Fajita w/tortilla 24.5g Choice: Soft Shell Taco 26g Mexican Corn(Baja) 18g Refried Beans 18g Apple Slices 11.5g <i>French toast 37g & Fruit/juice</i>	21 Thanksgiving Dinner Turkey Mashed Potatoes 14g w/gravy 3g Green Beans 4g Fruit salad 23? Tea Roll 20g Pumpkin Pudding Dessert 44g <i>Breakfast pizza 25g & 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 & 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, & Fruit/Juice</i>	27 No School	 Happy Thanksgiving	29 No School

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