

LUNCH (carb count) UHS Grab & Go August/September Union Community Schools

Monday	Tuesday	Wednesday	Thursday	Friday
This institution is an equal opportunity provider.	All items listed will be provided in each meal. Menu is subject to change without notice.	Chef Salad Meal Contains: Ham 3g & Cheddar Cheese .5g Romaine lettuce 2g Tomatoes 1.5g, Cucumbers 1g, Carrots 3g Fruit –on menu (1cup) 30-46g Goldfish crackers 14g & grahams 21g Milk 12-25g	27 Chicken Nuggets 19.2g w/tea roll 20g Choice: Hamburger on bun 32g Carrots Baby fresh 6g Broccoli Fresh 3g Apple slices 2pkg 23 Milk 12-25g Choice: Chef Salad Meal	28 Cheese filled breadstick 30g w/marinara 6g Choice: Hamburger on bun 32g Corn 13g Carrots baby fresh 6g Peaches 1 cup 28 Milk 12-25g Choice: Chef Salad Meal
31 Chicken popcorn 19.5g w/tea roll 20g Choice: Hamburger on bun 32g Green Beans 4g Carrots Fresh 6g Applesauce 1 cup 30g Milk 12-25g Choice: Chef Salad Meal	Sept. 1 Cheeseburger on bun 33g Choice: Hamburger on bun 32g Potato tots 14g Carrots fresh 6g Mandarin oranges 1cup 46g Milk 12-25g Choice: Chef Salad Meal	2 Pepperoni pizza 38g Choice: Hamburger on bun 32g Broccoli Fresh 3g Carrots fresh 6g Pineapple 1cup 28g Milk 12-25g Choice: Chef Salad Meal	3 Deli Turkey/cheese on bun 32g Choice: Hamburger on bun 32g Baked beans 36g Carrots fresh 6g Apple Whole avg.23g Milk 12-25g Goldfish Grahams 21g Choice: Chef Salad Meal	4 Mini Corndogs 30g Choice: Hamburger on bun 32g Corn 13g Carrots fresh 6g Pears 1cup 40g Milk 12-25g Choice: Chef Salad Meal
7 NO SCHOOL	8 Deli Ham/cheese on bun 32g Choice: Hamburger on bun 32g Potato French fries 18g Carrots fresh 6g Mandarin oranges 1cup 46g ;Milk 12-25 Choice: Chef Salad Meal	9 Cheese pizza 39g Choice: Hamburger on bun 32g Lettuce 1g & cherry tomatoes 1.5g Carrots fresh 6g Pineapple 1c 28g Milk 12-25g Choice: Chef Salad Meal	10 Pork Rib Patty on bun 42g Choice: Hamburger on bun 32g Baked Beans 36g Carrots fresh 6g Apple whole avg.23g Milk 12-25g Choice: Chef Salad Meal	11 Cheese filled breadstick 30g w/marinara 6g Choice: Hamburger on bun 32g Broccoli fresh 3g & Carrots fresh 6g Pears 1c 40g Milk 12-25g Choice: Chef Salad Meal
14 Chicken Nuggets 19.2g w/tea roll 20g Choice: Hamburger on bun 32g Mashed potatoes 14g Carrots Baby fresh 6g Applesauce 1c 30g Milk 12-25g Choice: Chef Salad Meal	15 Hot dog On Bun 31g Choice: Hamburger on bun 32g Baked beans 36g Carrots fresh 6g Banana 18g & apple slices 1pkg 11.5 Milk 12-25g Choice: Chef Salad Meal	16 Walking Taco 33g Choice: Hamburger on bun 32g Lettuce 1g & tomato 1.5g Carrots fresh 6g Peaches 1c 28g Milk 12-25g Choice: Chef Salad Meal	17 Chicken Patty 16g on bun 30g Choice: Hamburger on bun 32g Corn 13g Carrots fresh 6g Apple whole avg.23g Milk 12-25g Choice: Chef Salad Meal	18 Pizza Crunchers 4pcs 41g Choice: Hamburger on bun 32g Broccoli fresh 3g Carrots fresh 6g Pineapple 1c 28g Milk 12-25g Choice: Chef Salad Meal
21 Chicken popcorn 19.5g w/tea roll 20g Choice: Hamburger on bun 32g Green Beans 4g Carrots Fresh 6g Applesauce 1 cup 30g Milk 12-25g Choice: Chef Salad Meal	22 Cheeseburger on bun 33g Choice: Hamburger on bun 32g Potato tots 14g Carrots fresh 6g Mandarin oranges 1cup 46g Milk 12-25g Choice: Chef Salad Meal	23 Pepperoni pizza 38g Choice: Hamburger on bun 32g Broccoli Fresh 3g Carrots fresh 6g Pineapple 1cup 28g Milk 12-25g Choice: Chef Salad Meal	24 Deli Turkey/cheese on bun 32g Choice: Hamburger on bun 32g Baked beans 36g Carrots fresh 6g Apple Whole avg.23g Milk 12-25g Goldfish Grahams 21g Choice: Chef Salad Meal	25 Mini Corndogs 30g Choice: Hamburger on bun 32g Corn 13g Carrots fresh 6g Pears 1cup 40g Milk 12-25g Choice: Chef Salad Meal
28 Chicken Nuggets 19.2g w/tea roll 20g Choice: Hamburger on bun 32g Mashed potatoes 14g Carrots Baby fresh 6g Applesauce 1c 30g Milk 12-25g Choice: Chef Salad Meal	29 Deli Ham/cheese on bun 32g Choice: Hamburger on bun 32g Potato French fries 18g Carrots fresh 6g Mandarin oranges 1cup 46g ;Milk 12-25 Choice: Chef Salad Meal	30 Cheese pizza 39g Choice: Hamburger on bun 32g Lettuce 1g & cherry tomatoes 1.5g Carrots fresh 6g Pineapple 1c 28g Milk 12-25g Choice: Chef Salad Meal	Oct. 1 Pork Rib Patty on bun 42g Choice: Hamburger on bun 32g Baked Beans 36g Carrots fresh 6g Apple whole avg.23g Milk 12-25g Choice: Chef Salad Meal	Oct. 2 Cheese filled breadstick 30g w/marinara 6g Choice: Hamburger on bun 32g Broccoli fresh 3g & Carrots fresh 6g Pears 1c 40g Milk 12-25g Choice: Chef Salad Meal

BREAKFAST (Carb. Count) UHS Grab & Go August/September Union Community Schools

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31 Mini Donut 42g Choice: Cereal Avg.23g check label w/muffin 30g Choice: Peanutbutter/jellyUn crustable 32g 100% fruit Juice 14-18 check label Fruit 15-23g Milk 12-25g	Sept. 1 Mini Cinnis 39g Choice: Cereal Avg.23g check label w/muffin 30g Choice: Peanutbutter/jellyUn crustable 32g 100% fruit Juice 14-18 check label Fruit 15-23g Milk 12-25g	2 Fruit Frudel 36g Choice: Cereal Avg.23g check label w/muffin 30g Choice: Peanutbutter/jellyUn crustable 32g 100% fruit Juice 14-18 check label Fruit 15-23g Milk 12-25g	3 Muffin 30g w/yogurt 20g Choice: Cereal Avg.23g check label w/muffin 30g Choice: Peanutbutter/jellyUn crustable 32g 100% fruit Juice 14-18 check label Fruit 15-23g Milk 12-25g	4 Bagel stick w/cream cheese 42g Choice: Cereal Avg.23g check label w/muffin 30g Choice: Peanutbutter/jellyUn crustable 32g 100% fruit Juice 14-18 check label Fruit 15-23g Milk 12-25g
7 NO SCHOOL	8 Mini Cinnis 39g Choice: Cereal Avg.23g check label w/muffin 30g Choice: Peanutbutter/jellyUn crustable 32g 100% fruit Juice 14-18 check label Fruit 15-23g Milk 12-25g	9 Fruit Frudel 36g Choice: Cereal Avg.23g check label w/muffin 30g Choice: Peanutbutter/jellyUn crustable 32g 100% fruit Juice 14-18 check label Fruit 15-23g Milk 12-25g	10 Muffin 30g w/string cheese 1g Choice: Cereal Avg.23g check label w/muffin 30g Choice: Peanutbutter/jellyUn crustable 32g 100% fruit Juice 14-18 check label Fruit 15-23g Milk 12-25g	11 Bagel stick w/cream cheese 42g Choice: Cereal Avg.23g check label w/muffin 30g Choice: Peanutbutter/jellyUn crustable 32g 100% fruit Juice 14-18 check label Fruit 15-23g Milk 12-25g
14 Mini Donut 42g Choice: Cereal Avg.23g check label w/muffin 30g Choice: Peanutbutter/jellyUn crustable 32g 100% fruit Juice 14-18 check label Fruit 15-23g Milk 12-25g	15 Mini Cinnis 39g Choice: Cereal Avg.23g check label w/muffin 30g Choice: Peanutbutter/jellyUn crustable 32g 100% fruit Juice 14-18 check label Fruit 15-23g Milk 12-25g	16 Fruit Frudel 36g Choice: Cereal Avg.23g check label w/muffin 30g Choice: Peanutbutter/jellyUn crustable 32g 100% fruit Juice 14-18 check label Fruit 15-23g Milk 12-25g	17 Muffin 30g w/yogurt 20g Choice: Cereal Avg.23g check label w/muffin 30g Choice: Peanutbutter/jellyUn crustable 32g 100% fruit Juice 14-18 check label Fruit 15-23g Milk 12-25g	18 Bagel stick w/cream cheese 42g Choice: Cereal Avg.23g check label w/muffin 30g Choice: Peanutbutter/jellyUn crustable 32g 100% fruit Juice 14-18 check label Fruit 15-23g Milk 12-25g
21 Mini Donut 42g Choice: Cereal Avg.23g check label w/muffin 30g Choice: Peanutbutter/jellyUn crustable 32g 100% fruit Juice 14-18 check label Fruit 15-23g Milk 12-25g	22 Mini Cinnis 39g Choice: Cereal Avg.23g check label w/muffin 30g Choice: Peanutbutter/jellyUn crustable 32g 100% fruit Juice 14-18 check label Fruit 15-23g Milk 12-25g	23 Fruit Frudel 36g Choice: Cereal Avg.23g check label w/muffin 30g Choice: Peanutbutter/jellyUn crustable 32g 100% fruit Juice 14-18 check label Fruit 15-23g Milk 12-25g	24 Muffin 30g w/yogurt 20g Choice: Cereal Avg.23g check label w/muffin 30g Choice: Peanutbutter/jellyUn crustable 32g 100% fruit Juice 14-18 check label Fruit 15-23g Milk 12-25g	25 Bagel stick w/cream cheese 42g Choice: Cereal Avg.23g check label w/muffin 30g Choice: Peanutbutter/jellyUn crustable 32g 100% fruit Juice 14-18 check label Fruit 15-23g Milk 12-25g
28 Mini Donut 42g Choice: Cereal Avg.23g check label w/muffin 30g Choice: Peanutbutter/jellyUn crustable 32g 100% fruit Juice 14-18 check label Fruit 15-23g Milk 12-25g	29 Mini Cinnis 39g Choice: Cereal Avg.23g check label w/muffin 30g Choice: Peanutbutter/jellyUn crustable 32g 100% fruit Juice 14-18 check label Fruit 15-23g Milk 12-25g	30 Fruit Frudel 36g Choice: Cereal Avg.23g check label w/muffin 30g Choice: Peanutbutter/jellyUn crustable 32g 100% fruit Juice 14-18 check label Fruit 15-23g Milk 12-25g	Oct.1 Muffin 30g w/string cheese 1g Choice: Cereal Avg.23g check label w/muffin 30g Choice: Peanutbutter/jellyUn crustable 32g 100% fruit Juice 14-18 check label Fruit 15-23g Milk 12-25g	Oct.2 Bagel stick w/cream cheese 42g Choice: Cereal Avg.23g check label w/muffin 30g Choice: Peanutbutter/jellyUn crustable 32g 100% fruit Juice 14-18 check label Fruit 15-23g Milk 12-25g