

LUNCH (carb count) UMS 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.		27 Chicken Nuggets 16g w/tea roll 20g Carrots Baby fresh 6g Broccoli Fresh 3g Apple slices 11.5g Milk 12-25g	28 Cheese filled breadstick 30g w/marinara 6g Corn 13g Carrots baby fresh 6g Peaches 14g Milk 12-25g
31 Chicken popcorn 16g w/tea roll 20g Green Beans 4g Carrots Fresh 6g Applesauce 15g Milk 12-25g	Sept. 1 Hamburger on bun 32g Potato tots 14g Carrots fresh 6g Mandarin oranges 23g Milk 12-25g	2 Pepperoni pizza 38g Broccoli Fresh 3g Carrots fresh 6g Pineapple 14g Milk 12-25g	3 Deli Turkey/cheese on bun 32g Baked beans 36g Carrots fresh 6g Apple slices 11.5g Milk 12-25g	4 Mini Corndogs 30g Corn 13g Carrots fresh 6g Pears 20g Milk 12-25g
7 NO SCHOOL	8 Deli Ham/cheese on bun 29g Potato French fries 18g Carrots fresh 6g Mandarin oranges 23g Milk 12-25g	9 Cheese pizza 39g Lettuce 1g & cherry tomatoes 1.5g Carrots fresh 6g Pineapple 14g Milk 12-25g	10 Pork Rib Patty 12g on bun 30g Baked Beans 36g Carrots fresh 6g Apple Slices 11.5g Milk 12-25g	11 Cheese filled breadstick 30g w/marinara 6g Broccoli fresh 3g Carrots fresh 6g Pears 20g Milk 12-25g
14 Chicken Nuggets 16g w/tea roll 20g Mashed potatoes 14g Carrots Baby fresh 6g Applesauce 15g Milk 12-25g	15 Hot dog On Bun 31g Baked beans 36g Carrots fresh 6g Banana 18g Milk 12-25g	16 Walking Taco 25g Lettuce & tomato 2.5g Carrots fresh 6g Peaches 14g Milk 12-25g	17 Chicken Patty 16g on bun 30g Corn 13g Carrots fresh 6g Apple slices 11.5g Milk 12-25g	18 Pizza Crunchers 4pcs 41g Broccoli fresh 3g Carrots fresh 6g Pineapple 14g Milk 12-25g
21 Chicken popcorn 16g w/tea roll 20g Green Beans 4g Carrots Fresh 6g Applesauce 15g Milk 12-25g	22 Hamburger on bun 32g Potato tots 14g Carrots fresh 6g Mandarin oranges 23g Milk 12-25g	23 Pepperoni pizza 36g Broccoli Fresh 3g Carrots fresh 6g Pineapple 14g Milk 12-25g	24 Deli Turkey/cheese on bun 32g Baked beans 36g Carrots fresh 6g Apple slices 11.5g Milk 12-25g	25 Mini Corndogs 26g Corn 13g Carrots fresh 6g Pears 20g Milk 12-25g
28 Chicken Nuggets 16g Mashed potatoes 14g Carrots Baby fresh 6g Applesauce 15g Milk 12-25g	29 Deli Ham/cheese on bun 29g Potato French fries 18g Carrots fresh 6g Mandarin oranges 23g Milk 12-25g	30 Cheese pizza 35g Lettuce 1g & cherry tomatoes 1.5g Carrots fresh 6g Pineapple 14g Milk 12-25g	Oct.1 Pork Rib Patty 12g on bun 30g Baked Beans 36g Carrots fresh 6g Apple Slices 11.5g Milk 12-25g	Oct.2 Cheese filled breadstick 30g w/marinara 6g Broccoli fresh 3g Carrots fresh 6g Pears 20g Milk 12-25g

BREAKFAST (Carb. Count) UMS 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/jellyUncrustable 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/jellyUncrustable 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/jellyUncrustable 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/jellyUncrustable 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/jellyUncrustable 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/jellyUncrustable 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/jellyUncrustable 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/jellyUncrustable 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/jellyUncrustable 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/jellyUncrustable 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/jellyUncrustable 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/jellyUncrustable 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/jellyUncrustable 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/jellyUncrustable 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/jellyUncrustable 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/jellyUncrustable 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/jellyUncrustable 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/jellyUncrustable 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/jellyUncrustable 32g 100% fruit Juice 14-18 check label Fruit 15-23g Milk 12-25g
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