

Carb Count LUNCH UMS Grab & Go October 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	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
5 Chicken Nuggets 16g w/tea roll 20g Mashed potatoes 14g Carrots Baby fresh 6g Mixed berry cup Milk 12-25g	6 Hot dog 1g On Bun 30g Potato tots 14g Carrots fresh 6g Banana 18g Milk 12-25g	7 Walking Taco 25g Lettuce & tomato 2.5g Carrots fresh 6g Peaches 14g Milk 12-25g	8 Chicken Patty 16g on bun 30g Green beans 4g Carrots fresh 6g Apple slices 11.5g Milk 12-25g	9 Pizza Crunchers 4 pcs 41g Broccoli fresh 3g Carrots fresh 6g Pineapple 14g Milk 12-25g
12 Chicken popcorn 16g w/tea roll 20g Mashed Potatoes 14g Carrots Fresh 6g Applesauce 15g Milk 12-25g	13 Hamburger 2g on bun 30g Broccoli w/cheese sauce 12g Carrots fresh 6g Mandarin oranges 23g Milk 12-25g	14 Pepperoni pizza 38g Corn 13g Carrots fresh 6g Pineapple 14g Milk 12-25g	15 Breakfast for Lunch Sausage smokies 3g & Pancakes 37g Potato Hash brown 15g Carrots fresh 6g Apple slices 11.5g Milk 12-25g	16 Mini Corndogs 26g Green beans 4g Carrots fresh 6g Side Kick Fruit Juice 23g Milk 12-25g
19 Chicken Nuggets 16g w/tea roll 20g Mashed potatoes 14g Carrots Baby fresh 6g Applesauce 15g Milk 12-25g	20 Deli Sub Ham/Turkey/cheese 1.5g on bun 30g Potato French fries 18g Carrots fresh 6g Mandarin oranges 23g Milk 12-25g	21 Cheese pizza 39g Lettuce & cherry tomatoes 2.5g Carrots fresh 6g Pineapple 14g Milk 12-25g	22 Beef & Bean 5g & Cheese 2g Nachos-chips 28g Broccoli fresh 3g Carrots fresh 6g Pears 20g Milk 12-25g	23 NO SCHOOL
26 Chicken popcorn 16g w/tea roll 20g Green Beans 4g Carrots Fresh 6g Applesauce 15g Milk 12-25g	27 Hot dog 1g On Bun 30g Potato Tots 14g Carrots fresh 6g Banana 18g Milk 12-25g	28 Walking Taco 25g Lettuce & tomato 2.5g Carrots fresh 6g Peaches 14g Milk 12-25g	29 Chicken Patty 16g on bun 30g Corn 13g Carrots fresh 6g Apple slices 11.5g Milk 12-25g	30 Cheese filled breadstick 30g w/marinara 6g Broccoli fresh 3g Carrots fresh 6g Side Kick “Eek” juice 23g Milk 12-25g

Carb Count BREAKFAST UMS Grab & Go October Union Community Schools

Monday	Tuesday	Wednesday	Thursday	Friday
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5 Mini Donut 42g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	6 Mini Cinnis 39g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	7 Pancakes 37g Choice: Cereal* w/ muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	8 Muffin 30g w/yogurt 15g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	9 Fruit Frudel 36g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g
12 Mini Donut 42g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	13 Mini Cinnis 39g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	14 Egg Wrap(Tac&Go) 14g Choice: Cereal* w/ muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	15 Muffin 30g w/string cheese 1g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	16 Bagel stick w/cream cheese 42g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g
19 Mini Donut 42g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	20 Mini Cinnis 39g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	21 Pancakes 37g Choice: Cereal* w/ muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	22 Muffin 30g w/yogurt 15g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	23 NO SCHOOL
26 Mini Donut 42g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	27 Mini Cinnis 39g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	28 Egg Wrap(Tac&Go) 14g Choice: Cereal* w/ muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	29 Muffin 30g w/yogurt 15g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	30 Bagel stick w/cream cheese 42g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g