

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 & Cheddar Cheese Or Chicken & Cheddar Cheese Romaine lettuce Tomatoes, Cucumbers, & Carrots Fruit –on menu Goldfish crackers & grahams Milk	Oct. 1 Pork Rib Patty on bun Baked Beans Carrots fresh Apple Slices Milk Choice: Chef Salad Meal-Ham	Oct.2 Cheese filled breadstick w/marinara Broccoli fresh Carrots fresh Pears Milk Choice: Chef Salad Meal-Ham
5 Chicken Nuggets w/tea roll Mashed potatoes Carrots Baby fresh Mixed berry cup Milk Choice: Chef Salad Meal	6 Hot dog On Bun Potato tots Carrots fresh Banana Milk Choice: Chef Salad Meal	7 Walking Taco Lettuce & tomato Carrots fresh Peaches Milk Choice: Chef Salad Meal	8 Chicken Patty on bun Green beans Carrots fresh Apple slices Milk Choice: Chef Salad Meal	9 Pizza Crunchers Broccoli fresh Carrots fresh Pineapple Milk Choice: Chef Salad Meal
12 Chicken popcorn w/tea roll Mashed Potatoes Carrots Fresh Applesauce Milk Choice: Chef Salad Meal	13 Hamburger on bun Broccoli w/cheese sauce Carrots fresh Mandarin oranges Milk Choice: Chef Salad Meal	14 Pepperoni pizza Corn Carrots fresh Pineapple Milk Choice: Chef Salad Meal	15 Breakfast for Lunch Sausage smokies & Pancakes Potato Hash brown Carrots fresh Apple slices Milk Choice: Chef Salad Meal	16 Mini Corndogs Green beans Carrots fresh Side Kick Juice cup Milk Choice: Chef Salad Meal
19 Chicken Nuggets w/tea roll Mashed potatoes Carrots Baby fresh Applesauce Milk Choice: Chef Salad Meal	20 Deli Sub Ham/Turkey/cheese on bun Potato French fries Carrots fresh Mandarin oranges Milk Choice: Chef Salad Meal	21 Cheese pizza Lettuce & cherry tomatoes Carrots fresh Pineapple Milk Choice: Chef Salad Meal	22 Beef & Bean & Cheese Nachos Broccoli fresh Carrots fresh Pears Milk Choice: Chef Salad Meal	23 NO SCHOOL
26 Chicken popcorn w/tea roll Green Beans Carrots Fresh Applesauce Milk Choice: Chef Salad Meal	27 Hot dog On Bun Potato Tots Carrots fresh Banana Milk Choice: Chef Salad Meal	28 Walking Taco Lettuce & tomato Carrots fresh Peaches Milk Choice: Chef Salad Meal	29 Chicken Patty on bun Corn Carrots fresh Apple slices Milk Choice: Chef Salad Meal	30 Cheese filled breadstick w/marinara Broccoli fresh Carrots fresh Side Kick “Eeek” juice Milk Choice: Chef Salad Meal

BREAKFAST UMS Grab & Go **October** Union Community Schools

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This institution is an equal opportunity provider.	All items listed will be provided in each meal. Menu is subject to change without notice.		1 Muffin w/string cheese Choice: Cereal w/muffin Choice: Peanutbutter/jelly Uncrustable 100% fruit Juice Fruit Milk	2 Bagel stick w/cream cheese Choice: Cereal w/muffin Choice: Peanutbutter/jelly Uncrustable 100% fruit Juice Fruit Milk
5 Mini Donut Choice: Cereal w/muffin Choice: Peanutbutter/jelly Uncrustable 100% fruit Juice Fruit Milk	6 Mini Cinnis Choice: Cereal w/muffin Choice: Peanutbutter/jelly Uncrustable 100% fruit Juice Fruit Milk	7 Pancakes Choice: Cereal w/ muffin Choice: Peanutbutter/jelly Uncrustable 100% fruit Juice Fruit Milk	8 Muffin w/yogurt Choice: Cereal w/muffin Choice: Peanutbutter/jelly Uncrustable 100% fruit Juice Fruit Milk	9 Fruit Frudel Choice: Cereal w/muffin Choice: Peanutbutter/jelly Uncrustable 100% fruit Juice Fruit Milk
12 Mini Donut Choice: Cereal w/muffin Choice: Peanutbutter/jelly Uncrustable 100% fruit Juice Fruit Milk	13 Mini Cinnis Choice: Cereal w/muffin Choice: Peanutbutter/jelly Uncrustable 100% fruit Juice Fruit Milk	14 Egg Wrap(Tac&Go) Choice: Cereal w/ muffin Choice: Peanutbutter/jelly Uncrustable 100% fruit Juice Fruit Milk	15 Muffin w/string cheese Choice: Cereal w/muffin Choice: Peanutbutter/jelly Uncrustable 100% fruit Juice Fruit Milk	16 Bagel stick w/cream cheese Choice: Cereal w/muffin Choice: Peanutbutter/jelly Uncrustable 100% fruit Juice Fruit Milk
19 Mini Donut Choice: Cereal w/muffin Choice: Peanutbutter/jelly Uncrustable 100% fruit Juice Fruit Milk	20 Mini Cinnis Choice: Cereal w/muffin Choice: Peanutbutter/jelly Uncrustable 100% fruit Juice Fruit Milk	21 Pancakes Choice: Cereal w/ muffin Choice: Peanutbutter/jelly Uncrustable 100% fruit Juice Fruit Milk	22 Muffin w/yogurt Choice: Cereal w/muffin Choice: Peanutbutter/jelly Uncrustable 100% fruit Juice Fruit Milk	23 NO SCHOOL
26 Mini Donut Choice: Cereal w/muffin Choice: Peanutbutter/jelly Uncrustable 100% fruit Juice Fruit Milk	27 Mini Cinnis Choice: Cereal w/muffin Choice: Peanutbutter/jelly Uncrustable 100% fruit Juice Fruit Milk	28 Egg Wrap(Tac&Go) Choice: Cereal w/ muffin Choice: Peanutbutter/jelly Uncrustable 100% fruit Juice Fruit Milk	29 Muffin w/yogurt Choice: Cereal w/muffin Choice: Peanutbutter/jelly Uncrustable 100% fruit Juice Fruit Milk	30 Bagel stick w/cream cheese Choice: Cereal w/muffin Choice: Peanutbutter/jelly Uncrustable 100% fruit Juice Fruit Milk