

**Carb Count BREAKFAST UMS Grab & Go December Union Community Schools**

Monday	Tuesday	Wednesday	Thursday	Friday
Nov.30 Mini Donut 42g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	1 Pancakes 37g Choice: Cereal* w/ muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	2 Mini Cinnis 39g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	3 Breakfast Pizza 22g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	4 Muffin 30g w/yogurt 15g Choice:Yogurt Parfait 43g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g
7 Mini Donut 42g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	8 Pancakes 37g Choice: Cereal* w/ muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	9 Mini Cinnis 39g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	10 Egg Wrap(Tac&Go) 14g Choice: Cereal* w/ muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	11 Muffin 30g w/yogurt 15g Choice:Yogurt Parfait 43g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g
14 Mini Donut 42g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	15 Pancakes 37g Choice: Cereal* w/ muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	16 Mini Cinnis 39g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	17 Breakfast Pizza 22g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	18 Muffin 30g w/yogurt 15g Choice:Yogurt Parfait 43g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g
21 Mini Donut 42g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	22 Pancakes 37g Choice: Cereal* w/ muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	23 Mini Cinnis 39g Choice: Cereal* w/muffin 30g Choice: Uncrustable 32g 100% fruit Juice 14-18g Fruit 15-23g Milk 12-25g	24 NO SCHOOL Winter break begins	25 NO SCHOOL
	*Cereal Avg. 23g check label		This institution is an equal opportunity provider.	All items listed will be provided in each meal. Menu is subject to change without notice.