

Carb Count LUNCH

December 2020

DG & LPC Elementary

Union Community Schools

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Nuggets 16g w/tea roll 20g Mashed potatoes 14g Carrots Baby fresh 6g Applesauce 15g Milk 12-25g	3 Hamburger 2g on bun 30g Green beans 4g Carrots fresh 6g Peaches 14g Milk 12-25g	4 Crispito Burrito (2ct) 46g Lettuce & tomato 2.5g Carrots fresh 6g Pears 20g Milk 12-25g	5 Pork Rib Patty 12g on bun 30g Baked Beans 36g Carrots fresh 6g Apple Slices 11.5g Milk 12-25g	6 Pepperoni pizza 36g Corn 13g Carrots fresh 6g Pineapple 14g Milk 12-25g
9 Chicken popcorn 16g w/tea roll 20g Mashed Potatoes 14g Carrots Fresh 6g Applesauce 15g Milk 12-25g	10 Brd Chicken Patty 16g on bun 30g Broccoli w/cheese sauce 12g Carrots fresh 6g Banana 18g Milk 12-25g	11 Pizza Fiestada(taco flavor) 43g Lettuce & tomato 2.5g Carrots fresh 6g Pineapple 14g Milk 12-25g	12 Breakfast for LUNCH Sausage smokies 3g & Pancakes 37g Potato Hash brown 15g Carrots fresh 6g Apple slices 11.5g Milk 12-25g	13 Mini Corndogs 26g Green beans 4g Carrots fresh 6g Peaches 14g Milk 12-25g
16 Chicken Nuggets 16g w/tea roll 20g Mashed potatoes 14g Carrots Baby fresh 6g Applesauce 15g Milk 12-25g	17 Deli Sub Ham/Turkey/cheese 1.5g on bun 30g Potato French fries 18g Carrots fresh 6g Mandarin oranges 23g Milk 12-25g	18 Walking Taco 25g Lettuce & tomato 2.5g Carrots fresh 6g Peaches 14g Milk 12-25g	19 Chicken Patty 16g on bun 30g Broccoli w/cheese sauce 12g Carrots fresh 6g Apple slices 11.5g Milk 12-25g	20 Cheese filled breadstick 30g w/marinara 6g Green beans 4g Carrots fresh 6g Pears 20g Milk 12-25g
23 Chicken popcorn 16g w/tea roll 20g Mashed Potatoes 14g Carrots Fresh 6g Applesauce 15g Milk 12-25g	24 Hot dog 1g On Bun 30g Potato tots 14g Carrots fresh 6g Mixed fruit 19g Milk 12-25g	23 Cheese pizza 35g Corn 13g Carrots fresh 6g Side Kick Holiday fruit juice 23g Milk 12-25g	24 NO SCHOOL	25 NO SCHOOL
			This institution is an equal opportunity provider.	All items listed will be provided in each meal. Menu is subject to change without notice.