

Carb Count LUNCH

December 2020

UHS

Union Community Schools

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
| Nov.30 Chicken Nuggets 19.2g w/tea roll 20g Choice: Hamburger on Bun 32g Mashed potatoes 21g Carrots Baby fresh 6g Applesauce 15g & Raisins 25g Milk 12-25g *Chef Salad | 1 Cheese burger on bun 33g Choice: Hamburger on bun 32g Green beans 6g Carrots fresh 6g Peaches 1cup 28g Milk 12-25g *Chef Salad | 2 Crispito Burrito (2ct) 46g Choice: Hamburger on Bun 32g Lettuce & tomato 2.5g Carrots fresh 6g Pears 40g (1cup) Milk 12-25g *Chef Salad | 3 Pork Rib Patty 12g on bun 30g Choice: Hamburger on Bun 32g Baked Beans 36g Carrots fresh 6g Apple slices 11.5g & 100% juice 15g Milk 12-25g *Chef Salad | 4 Pepperoni pizza 38g Choice: Hamburger on Bun 32g Corn 19.5g Carrots fresh 6g Pineapple 28g(1cup) Milk 12-25g *Chef Salad |
| 7 Chicken popcorn 19.5g w/tea roll 20g Choice: Hamburger on Bun 32g Mashed Potatoes 21g Carrots Fresh 6g Applesauce 15g & Raisins 25g Milk 12-25g *Chef Salad | 8 BRD Chicken Patty 16g on bun 30g Choice: Hamburger on Bun 32g Broccoli w/cheese sauce 18g Carrots fresh 6g Banana 18g 100% fruit juice 15g Milk 12-25g *Chef Salad | 9 Pizza Feistada(taco flavor) 43g Lettuce & tomato 2.5g Carrots fresh 6g Pineapple 28g(1cup) Milk 12-25g *Chef Salad | 10 Breakfast for LUNCH Sausage smokies 3g & Pancakes 37g Choice: Hamburger on Bun 32g Potato Hash brown 15g Carrots fresh 6g Apple slices 11.5g & 100% juice 15g Milk 12-25g *Chef Salad | 11 Mini Corndogs 26g Choice: Hamburger on Bun 32g Green beans 6g Carrots fresh 6g Peaches 28g(1cup) Milk 12-25g *Chef Salad |
| 14 Chicken Nuggets 19.2g w/tea roll 20g Choice: Hamburger on Bun 32g Mashed potatoes 21g Carrots Baby fresh 6g Applesauce 15g & Raisin 25g Milk 12-25g *Chef Salad | 15 Deli Sub Ham/Turkey/cheese 1.5g on bun 30g Choice: Hamburger on bun 32g Potato French fries 27g Carrots fresh 6g Mandarin oranges 46g Milk 12-25g *Chef Salad | 16 Walking Taco 33g Choice: Hamburger on Bun 32g Lettuce & tomato 2.5g Carrots fresh 6g Peaches 28g(1cup) Milk 12-25g *Chef Salad | 17 BRD Chicken Patty 16g on bun 30g Choice: Hamburger on Bun 32g Broccoli w/cheese sauce 18g Carrots fresh 6g Apple slices 11.5g & 100% juice 15g Milk 12-25g *Chef Salad | 18 Cheese filled breadstick 30g w/marinara 6g Choice: Hamburger on Bun 32g Green beans 6g Carrots fresh 6g Peaches 40g(1cup) Milk 12-25g *Chef Salad |
| 21 Chicken popcorn 19.5g w/tea roll 20g Choice: Hamburger on Bun 32g Mashed Potatoes 21g Carrots Fresh 6g Applesauce 15g & Raisins 25g Milk 12-25g *Chef Salad | 22 Hot dog 1g On Bun 30g Choice: Hamburger on Bun 32g Potato tots 21g Carrots fresh 6g Mixed fruit 38g (1cup) Milk 12-25g *Chef Salad | 23 Cheese pizza 39g Choice: Hamburger on Bun 32g Corn 19.5g Carrots fresh 6g Side Kick Holiday"Jolly" 23g Pineapple 14g(1/2cup) Milk 12-25g *Chef Salad | 24 NO SCHOOL Winter Break Begins | 25 NO SCHOOL |
| | | *Chef Salad Meal Contains: Ham 3g OR Chicken 2.25g 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 | This institution is an equal opportunity provider. | All items listed will be provided in each meal. Menu is subject to change without notice. |