

Carb Count LUNCH December 2020 UMS Union Community Schools

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| Nov.30 Chicken Nuggets 16g w/tea roll 20g Mashed potatoes 14g Carrots Baby fresh 6g Applesauce 15g Milk 12-25g *Chef Salad | 1 Cheeseburger 3g on bun 30g Green Beans 4g Carrots fresh 6g Peaches 14g Milk 12-25g *Chef Salad | 2 Crispito Burrito (2ct) 46g Lettuce & tomato 2.5g Carrots fresh 6g Pears 20g Milk 12-25g *Chef Salad | 3 Pork Rib Patty 12g on bun 30g Baked Beans 36g Carrots fresh 6g Apple slices 11.5g Milk 12-25g *Chef Salad | 4 Pepperoni pizza 38g Corn 13g Carrots fresh 6g Pineapple 14g Milk 12-25g *Chef Salad |
| 7 Chicken popcorn 16g w/tea roll 20g Mashed Potatoes 14g Carrots Fresh 6g Applesauce 15g Milk 12-25g *Chef Salad | 8 BRD Chicken Patty 16g on bun 30g Broccoli w/cheese sauce 12g Carrots fresh 6g Banana 18g Milk 12-25g *Chef Salad | 9 Pizza Feistada(taco flavor)43g Lettuce & tomato 2.5g Carrots fresh 6g Pineapple 14g Milk 12-25g *Chef Salad | 10 Breakfast for LUNCH Sausage smokies 3g & Pancakes 37g Potato Hash brown 15g Carrots fresh 6g Apple slices 11.5g Milk 12-25g *Chef Salad | 11 Mini Corndogs 26g Green beans 4g Carrots fresh 6g Peaches 14g Milk 12-25g *Chef Salad |
| 14 Chicken Nuggets 16g w/tea roll 20g Mashed potatoes 14g Carrots Baby fresh 6g Applesauce 15g Milk 12-25g *Chef Salad | 15 Deli Sub Ham/Turkey/cheese 1.5g on bun 30g Potato French fries 18g Carrots fresh 6g Mandarin oranges 23g Milk 12-25g *Chef Salad | 16 Walking Taco 25g Lettuce & tomato 2.5g Carrots fresh 6g Peaches 14g Milk 12-25g *Chef Salad | 17 BRD Chicken Patty 16g on bun 30g Broccoli w/cheese sauce 12g Carrots fresh 6g Apple slices 11.5g Milk 12-25g *Chef Salad | 18 Cheese filled breadstick 30g w/marinara 6g Green beans 4g Carrots fresh 6g Pears 20g Milk 12-25g *Chef Salad |
| 21 Chicken popcorn 16g w/tea roll 20g Mashed Potatoes 14g Carrots Fresh 6g Applesauce 15g Milk 12-25g *Chef Salad | 22 Hot dog 1g On Bun 30g Potato tots 14g Carrots fresh 6g Mixed fruit 19g Milk 12-25g *Chef Salad | 23 Cheese pizza 39g Corn 13g Carrots fresh 6g Side Kick Holiday"Jolly" 23g 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. |