

Carb Count LUNCH**January 2021****DG & LPC Elementary****Union Community Schools**

Monday	Tuesday	Wednesday	Thursday	Friday
4 NO SCHOOL	5 Hamburger 2g on bun 30g Green beans 4g Carrots fresh 6g Peaches 14g Milk 12-25g	6 Crispito Burrito (2ct) 46g Lettuce & tomato 2.5g Carrots fresh 6g Pears 20g Milk 12-25g	7 Breakfast for LUNCH Sausage smokies 3g & Pancakes 37g Potato Hash brown 15g Carrots fresh 6g Apple slices 11.5g Milk 12-25g	8 Pepperoni pizza 36g Corn 13g Carrots fresh 6g Pineapple 14g Milk 12-25g
11 Chicken popcorn 16g w/tea roll 20g Mashed Potatoes 14g Carrots Fresh 6g Applesauce 15g Milk 12-25g	12 Grilled Cheese Sandwich 33g Green beans 4g Carrots fresh 6g Banana 18g Milk 12-25g	13 Pizza Fiestada(taco flavor)43g Lettuce & tomato 2.5g Carrots fresh 6g Pineapple 14g Milk 12-25g	14 Pork Rib Patty12g on bun 30g Baked Beans 36g Carrots fresh 6g Apple Slices 11.5g Milk 12-25g	15 Mini Corndogs 26g Corn 13g Carrots fresh 6g Mixed fruit 19g Milk 12-25g
18 Chicken Nuggets 16g w/tea roll 20g Mashed potatoes 14g Carrots Baby fresh 6g Applesauce 15g Milk 12-25g	19 Brd Chicken Patty16g on bun 30g Broccoli w/cheese sauce 12g Carrots fresh 6g Side Kick Fruit Juice 22g Milk 12-25g	20 Walking Taco 25g Lettuce & tomato 2.5g Carrots fresh 6g Mandarin Oranges 23g Milk 12-25g	21 Hot dog 1g On Bun 30g Potato tots 14g Carrots fresh 6g Apple slices 11.5g Milk 12-25g	22 Cheese filled breadstick 30g w/marinara 6g Green beans 4g Carrots fresh 6g Pears 20g Milk 12-25g
25 Chicken popcorn 16g w/tea roll 20g Mashed Potatoes 14g Carrots Fresh 6g Applesauce 15g Milk 12-25g	26 Cheese pizza 35g Corn 13g Carrots fresh 6g Pineapple 14g Milk 12-25g	27 Beef & Bean 5g & Cheese2g Nachos-chips 28g Lettuce & tomato 2.5g Carrots fresh 6g Mixed fruit 19g Milk 12-25g	28 Deli Sub Ham/Turkey/cheese 1.5g on bun 30g Sweet Potato fries 20g Carrots fresh 6g Banana 18g Milk 12-25g	29 Shrimp Poppers 21g w/1 cheese filled breadstick 15g Green beans 4g Carrots fresh 6g Mandarin oranges 23g 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.