

# Carb Count LUNCH

January 2021

UHS

Union Community Schools

Monday	Tuesday	Wednesday	Thursday	Friday
4 NO SCHOOL	5 Cheese burger on bun 33g Choice: Hamburger on bun 32g Green beans 6g Carrots fresh 6g Peaches 1cup 28g Milk 12-25g  *Chef Salad	6 Crispito Burrito (2ct) 46g Choice: Hamburger on Bun 32g Lettuce & tomato 2.5g Carrots fresh 6g Pears 40g (1cup) Milk 12-25g  *Chef Salad	7 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	8 Pepperoni pizza 38g Choice: Hamburger on Bun 32g Corn 19.5g Carrots fresh 6g Pineapple 28g(1cup) Milk 12-25g  *Chef Salad
11 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	12 Grilled Cheese Sandwich 34g Choice: Hamburger on Bun 32g Green Beans 6g Carrots fresh 6g Banana 18g 100% fruit juice 15g Milk 12-25g *Chef Salad	13 Pizza Feistada(taco flavor)43g Lettuce & tomato 2.5g Carrots fresh 6g Pineapple 28g(1cup) Milk 12-25g  *Chef Salad	14 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	15 Mini Corndogs 26g Choice: Hamburger on Bun 32g Corn 19.5g Carrots fresh 6g Mixed fruit 38g(1cup) Milk 12-25g *Chef Salad
18 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	19 BRD Chicken Patty 16g on bun 30g Choice: Hamburger on Bun 32g Broccoli w/cheese sauce 18g Carrots fresh 6g Side Kick Fruit Juice 22g & blueberries (1/2c) 10g Milk 12-25g *Chef Salad	20 Walking Taco 33g Choice: Hamburger on Bun 32g Lettuce & tomato 2.5g Carrots fresh 6g Mandarin Oranges (1cup)46g Milk 12-25g  *Chef Salad	21 Hot dog 1g On Bun 30g Choice: Hamburger on Bun 32g Potato tots 21g Carrots fresh 6g Apple slices 11.5g & 100% juice 15g Milk 12-25g  *Chef Salad	22 Cheese filled breadstick 30g w/marinara 6g Choice: Hamburger on Bun 32g Green beans 6g Carrots fresh 6g Pears 40g(1cup) Milk 12-25g *Chef Salad
25 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	26 Cheese pizza 39g Choice: Hamburger on Bun 32g Corn 19.5g Carrots fresh 6g Pineapple 14g(1cup) Milk 12-25g  *Chef Salad	27 Beef & Bean 5g & Cheese 2g Nachos-chips 28g Choice: Hamburger on bun 32g Lettuce & Tomato 2.5g Carrots fresh 6g Mixed fruit 38g (1cup) Milk 12-25g *Chef Salad	28 Deli Sub Ham/Turkey/cheese 1.5g on bun 30g Choice: Hamburger on bun 32g Sweet Potato Fries (1/2c) 20g Carrots fresh 6g Banana 18g & 100% Fruit Juice 15g Milk 12-25g *Chef Salad	29 Shrimp Poppers 21g w/1 Cheese filled Breadstick 15g Choice: Hamburger on bun 32g Green beans 6g Carrots fresh 6g Mandarin oranges(1cup) 46g Milk 12-25g *Chef Salad
		*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.