

Carb Count LUNCH

January 2021

UMS

Union Community Schools

Monday	Tuesday	Wednesday	Thursday	Friday
4 NO SCHOOL	5 Cheeseburger 3g on bun 30g Green Beans 4g Carrots fresh 6g Peaches 14g Milk 12-25g Choice *Chef Salad Meal	6 Crispito Burrito (2ct) 46g Lettuce & tomato 2.5g Carrots fresh 6g Pears 20g Milk 12-25g Choice *Chef Salad Meal	7 Breakfast for LUNCH Sausage smokies 3g & Pancakes 37g Potato Hash brown 15g Carrots fresh 6g Apple slices 11.5g Milk 12-25g Choice *Chef Salad Meal	8 Pepperoni pizza 38g Corn 13g Carrots fresh 6g Pineapple 14g Milk 12-25g Choice *Chef Salad Meal
11 Chicken popcorn 16g w/tea roll 20g Mashed Potatoes 14g Carrots Fresh 6g Applesauce 15g Milk 12-25g Choice *Chef Salad Meal	12 Grilled Cheese Sandwich 34g Green Beans 4g Carrots fresh 6g Banana 18g Milk 12-25g Choice *Chef Salad Meal	13 Pizza Feistada(taco flavor)43g Lettuce & tomato 2.5g Carrots fresh 6g Pineapple 14g Milk 12-25g Choice *Chef Salad Meal	14 Pork Rib Patty12g on bun 30g Baked Beans 36g Carrots fresh 6g Apple slices 11.5g Milk 12-25g Choice *Chef Salad Meal	15 Mini Corndogs 26g Corn 13g Carrots fresh 6g Mixed Fruit 19g Milk 12-25g Choice *Chef Salad Meal
18 Chicken Nuggets 16g w/tea roll 20g Mashed potatoes 14g Carrots Baby fresh 6g Applesauce 15g Milk 12-25g Choice *Chef Salad Meal	19 BRD Chicken Patty 16g on bun 30g Broccoli w/cheese sauce 12g Carrots fresh 6g Side Kick Fruit Juice 22g Milk 12-25g Choice *Chef Salad Meal	20 Walking Taco 25g Lettuce & tomato 2.5g Carrots fresh 6g Peaches 14g Milk 12-25g Choice *Chef Salad Meal	21 Hot dog 1g On Bun 30g Potato tots 14g Apple slices 11.5g Milk 12-25g Choice *Chef Salad Meal	22 Cheese filled breadstick 30g w/marinara 6g Green beans 4g Carrots fresh 6g Pears 20g Milk 12-25g Choice *Chef Salad Meal
25 Chicken popcorn 16g w/tea roll 20g Mashed Potatoes 14g Carrots Fresh 6g Applesauce 15g Milk 12-25g Choice *Chef Salad Meal	26 Cheese pizza 39g Corn 13g Carrots fresh 6g Pineapple 14g Milk 12-25g Choice *Chef Salad Meal	27 Beef & Bean 5g & Cheese2g Nachos-chips 28g Lettuce & Tomato 2.5g Carrots fresh 6g Mixed fruit 19g Milk 12-25 Choice *Chef Salad Meal	28 Deli Sub Ham/Turkey/cheese 1.5g on bun 30g Sweet Potato Fries 20g Carrots fresh 6g Banana 18g Milk 12-25g Choice *Chef Salad Meal	29 Shrimp Poppers 21g w/1 Cheese filled Breadstick 15g Green beans 4g Carrots fresh 6g Mandarin oranges 23g Milk 12-25g Choice *Chef Salad Meal
		*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.