

# LUNCH February 2021

# UHS

# Carb Count

# Union Community Schools

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Nuggets 19.2g w/tea roll 20g Choice: Hamburger on Bun 32g Mashed potatoes 21g Vegetable/Fruit Bar Applesauce 15g Milk 12-25g *Chef Salad Meal *Un crustable Meal	2 Mandarin Orange Chicken 17g w/Rice 11g Egg Roll 24g Choice: Hamburger on bun 32g Green beans 6g Vegetable /Fruit Bar Peaches 1/2c 14g Milk 12-25g *Chef Salad Meal *Un crustable Meal	3 Crispito Burrito (2ct) 46g Choice: Hamburger on Bun 32g Lettuce & tomato 2.5g Vegetable/Fruit Bar Pears 20g (1/2cup) Milk 12-25g *Chef Salad *Un crustable Meal	4 Breakfast for LUNCH Sausage smokies 3g & Pancakes 37g Choice: Hamburger on Bun 32g Potato Hash brown 15g Vegetable Fruit Bar Apple slices 11.5g Milk 12-25g *Chef Salad *Un crustable Meal	5 Pepperoni pizza 38g Choice: Hamburger on Bun 32g Corn 19.5g Vegetable/Fruit Bar Pineapple 14g(1/2 cup) Milk 12-25g *Chef Salad *Un crustable Meal
8 Chicken popcorn 19.5g w/tea roll 20g Choice: Hamburger on Bun 32g Mashed Potatoes 21g Vegetable/Fruit Bar Applesauce 15g Milk 12-25g *Chef Salad *Un crustable Meal	9 Macaroni & Cheese 31.2g Garlic breadstick 13g Choice: Hamburger on Bun 32g Green Beans 6g Vegetable/Fruit Bar Banana 18g Milk 12-25g *Chef Salad *Un crustable Meal	10 Walking Taco 33g Lettuce & tomato 2.5g Vegetable/Fruit bar Pineapple 14g(1/2cup) Milk 12-25g *Chef Salad *Un crustable Meal	11 Pork Rib Patty 12g on bun 30g Choice: Hamburger on Bun 32g Baked Beans 36g Vegetable/Fruit Bar Apple slices 11.5g Milk 12-25g *Chef Salad *Un crustable Meal	12 Pizza Feistada(taco flavor)43g Choice: Hamburger on Bun 32g Corn 19.5g Vegetable/Fruit Bar Mixed fruit 19g(1/2cup) Milk 12-25g *Chef Salad *Un crustable Meal
15 Chicken Nuggets 19.2g w/tea roll 20g Choice: Hamburger on Bun 32g Mashed potatoes 21g Vegetable/fruit bar Applesauce 15g Milk 12-25g *Chef Salad *Un crustable Meal	16 BRD Chicken Patty 16g on bun 30g Choice: Hamburger on Bun 32g Broccoli w/cheese sauce 18g Vegetable /fruit bar Side Kick Fruit Juice 22g Milk 12-25g *Chef Salad *Un crustable Meal	17 Cheese pizza 39g Choice: Hamburger on Bun 32g Lettuce & tomato 2.5g Vegetable/Fruit bar Mandarin Oranges (1/2cup)23g Milk 12-25g *Chef Salad *Un crustable Meal	18 Hot dog 1g On Bun 30g Choice: Hamburger on Bun 32g Potato tots 21g Vegetable/fruit bar Apple slices 11.5g Milk 12-25g *Chef Salad *Un crustable Meal	19 Cheese filled breadstick 30g w/marinara 6g Choice: Hamburger on Bun 32g Green beans 6g Vegetable/fruit bar Pears 20g(1/2cup) Milk 12-25g *Chef Salad *Un crustable Meal
22 Chicken popcorn 19.5g w/tea roll 20g Choice: Hamburger on Bun 32g Mashed Potatoes 21g Vegetable/fruit bar Applesauce 15g Milk 12-25g *Chef Salad *Un crustable Meal	23 Teriyaki Chicken 8g w/Rice 11g Egg Roll 24g Choice: Hamburger on Bun 32g Corn 19.5g Vegetable/fruit bar Banana 18g Milk 12-25g *Chef Salad *Un crustable Meal	24 Queso Cheese 1g & Beef Taco 4.5g Nachos-chips 28g Choice: Hamburger on bun 32g Lettuce & Tomato 2.5 Vegetable/fruit bar Mixed fruit 19g (1/2cup) Milk 12-25g *Chef Salad *Un crustable Meal	25 Meatloaf patty 8g on bun 30g Onion Rings (2ct)11.2g Choice: Hamburger on bun 32g Sweet Potato Fries (3/4c) 30g Vegetable/fruit bar Peaches (1/2c)14g Milk 12-25g *Chef Salad *Un crustable Meal	26 NO SCHOOL
	*Un crustable Meal Un crustable 2.6oz String Cheese 2g Carrots fresh 6g Apple 11.5 Goldfish Crackers 14g Milk 12-25g	*Chef Salad Meal Contains: Ham 3g OR Chicken 2.25g Cheddar Cheese .5g Romaine lettuce 2g Tomatoes 1.5g, Cucumbers 1g, Carrots 6g 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.