

**February 2021**

**UMS**

**Carb Count LUNCH**

**Union Community Schools**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Chicken Nuggets 16g w/tea roll 20g Mashed potatoes 14g Carrots Baby fresh 6g Applesauce 15g Milk 12-25g  Choice *Chef Salad Meal</p>	<p>2 Mandarin Orange Chicken 17g w/Rice 11g Egg Roll 20g Carrots fresh 6g Peaches 14g Milk 12-25g Choice *Chef Salad Meal</p>	<p>3 Crispito Burrito (2ct) 46g Lettuce &amp; tomato 2.5g Carrots fresh 6g Pears 20g Milk 12-25g Choice *Chef Salad Meal</p>	<p>4 Breakfast for LUNCH Sausage smokies 3g &amp; Pancakes 37g Potato Hash brown 15g Carrots fresh 6g Apple slices 11.5g Milk 12-25g Choice *Chef Salad Meal</p>	<p>5 Pepperoni pizza 38g Corn 13g Carrots fresh 6g Pineapple 14g Milk 12-25g Choice *Chef Salad Meal</p>
<p>8 Chicken popcorn 16g w/tea roll 20g Mashed Potatoes 14g Carrots Fresh 6g Applesauce 15g Milk 12-25g Choice *Chef Salad Meal</p>	<p>9 Macaroni &amp; Cheese 27.44g Garlic breadstick 13g Peas 12g Carrots fresh 6g Banana 18g Milk 12-25g Choice *Chef Salad Meal</p>	<p>10 Walking Taco 25g Lettuce &amp; tomato 2.5g Carrots fresh 6g Pineapple 14g Milk 12-25g Choice *Chef Salad Meal</p>	<p>11 Pork Rib Patty 12g on bun 30g Baked Beans 36g Carrots fresh 6g Apple slices 11.5g Milk 12-25g Choice *Chef Salad Meal</p>	<p>12 Pizza Feistada (taco flavor) 43g Corn 13g Carrots fresh 6g Mixed Fruit 19g Milk 12-25g Choice *Chef Salad Meal</p>
<p>15 Chicken Nuggets 16g w/tea roll 20g Mashed potatoes 14g Carrots Baby fresh 6g Applesauce 15g Milk 12-25g Choice *Chef Salad Meal</p>	<p>16 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</p>	<p>17 Cheese pizza 39g Lettuce &amp; tomato 2.5g Carrots fresh 6g Peaches 14g Milk 12-25g Choice *Chef Salad Meal</p>	<p>18 Hot dog 1g On Bun 30g Potato tots 14g Carrots fresh 6g Apple slices 11.5g Milk 12-25g Choice *Chef Salad Meal</p>	<p>19 Cheese filled breadstick 30g w/marinara 6g Green beans 4g Carrots fresh 6g Pears 20g Milk 12-25g Choice *Chef Salad Meal</p>
<p>22 Chicken popcorn 16g w/tea roll 20g Mashed Potatoes 14g Carrots Fresh 6g Applesauce 15g Milk 12-25g Choice *Chef Salad Meal</p>	<p>23 Teriyaki Chicken 8g w/Rice 11g Egg Roll 20g Carrots fresh 6g Banana 18g Milk 12-25g Choice *Chef Salad Meal</p>	<p>24 Queso Cheese 2g &amp; Beef 4.5g Nachos-chips 28g Lettuce &amp; Tomato 2.5g Carrots fresh 6g Mixed fruit 19g Milk 12-25g Choice *Chef Salad Meal</p>	<p>25 Cheeseburger 3g on bun 30g Sweet Potato Fries 20g Carrots fresh 6g Peaches 14g Milk 12-25g Choice *Chef Salad Meal</p>	<p>26 <b>NO SCHOOL</b></p>
		<p>*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 &amp; grahams 21g Milk 12-25g</p>	<p>This institution is an equal opportunity provider.</p>	<p>All items listed will be provided in each meal. Menu is subject to change without notice.</p>