

**LUNCH    March 2021    UHS    Carb Count    Union Community Schools**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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</p>	<p>2 Mandarin Orange Chicken 17g w/Rice 11g      Egg Roll 24g Choice: Hamburger on bun 32g Green beans 6g Vegetable /Fruit Bar Mandarin oranges(1/2c)23g *Chef Salad Meal *Un crustable Meal      Milk 12-25g</p>	<p>3 Crispito Burrito (2ct) 46g Choice: Hamburger on Bun 32g Refried Beans 16g Vegetable/Fruit Bar Pears 20g (1/2cup) Milk 12-25g *Chef Salad *Un crustable Meal</p>	<p>4      Breakfast for LUNCH Sausage smokies 3g &amp; 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</p>	<p>5 Cheese pizza 39g Choice: Hamburger on Bun 32g Corn 19.5g Vegetable/Fruit Bar Pineapple 14g(1/2 cup) Milk 12-25g *Chef Salad *Un crustable Meal</p>
<p>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</p>	<p>9 Pizza Feistada(taco flavor)43g Choice: Hamburger on Bun 32g Corn 19.5g Vegetable/Fruit Bar Banana 18g      Milk 12-25g *Chef Salad *Un crustable Meal</p>	<p>10 Walking Taco 33g Refried Beans 16g Vegetable/Fruit bar Peaches 14g(1/2cup) Milk 12-25g  *Chef Salad *Un crustable Meal</p>	<p>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</p>	<p>12 Macaroni &amp; Cheese 31.2g Garlic breadstick 13g Choice: Hamburger on Bun 32g Peas 12g Vegetable/Fruit Bar Mixed fruit 19g(1/2cup) *Chef Salad      Milk 12-25g *Un crustable Meal</p>
15      NO SCHOOL	16      NO SCHOOL	17      NO SCHOOL	18      NO SCHOOL	19      NO SCHOOL
<p>22 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</p>	<p>23 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</p>	<p>24 Pepperoni pizza 38g Choice: Hamburger on Bun 32g Lettuce &amp; tomato 2.5g Vegetable/Fruit bar Pineapple (1/2cup)14g Milk 12-25g *Chef Salad *Un crustable Meal</p>	<p>25 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</p>	<p>26 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</p>
<p>29 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</p>	<p>30 Teriyaki Chicken 8g w/Rice 11g Egg Roll 24g Choice: Hamburger on Bun 32g Mixed Veggies 5g Vegetable/fruit bar Mandarin orange 23g      Milk 12-25g *Chef Salad *Un crustable Meal</p>	<p>31 Queso Cheese 1g &amp; Beef Taco 4.5g Nachos-chips 28g Choice: Hamburger on bun 32g Refried beans 16g Vegetable/fruit bar Apple slices 11.5g      Milk 12-25g *Chef Salad *Un crustable Meal</p>	<p>APRIL 1 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</p>	<p>APRIL 2 NO SCHOOL</p>
	<p>*Un crustable Meal Un crustable 2.6oz String Cheese 2g Carrots fresh 6g Apple 11.5 Goldfish Crackers 14g Milk 12-25g</p>	<p>*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 &amp; grahams 21g Milk 12-25g</p>	<p align="center">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>

