

March 2021

UMS

Carb Count LUNCH

Union Community Schools

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Chicken Nuggets 16g w/tea roll 20g Choice: Hamburger on Bun 32g Mashed potatoes 14g Vegetable/fruit bar Applesauce 15g Milk 12-25g Choice *Chef Salad Meal</p>	<p>2 Mandarin Orange Chicken 17g w/Rice 11g Egg Roll 20g Choice: Hamburger on Bun 32g Green beans 4g Vegetable/fruit bar Mandarin oranges 23g Milk 12-25g Choice *Chef Salad Meal</p>	<p>3 Crispito Burrito (2ct) 46g Choice: Hamburger on Bun 32g Refried Beans 16g Vegetable/fruit bar Pears 20g Milk 12-25g Choice *Chef Salad Meal</p>	<p>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 Choice *Chef Salad Meal</p>	<p>5 Cheese pizza 39g Choice: Hamburger on Bun 32g Corn 13g Vegetable/fruit bar Pineapple 14g Milk 12-25g Choice *Chef Salad Meal</p>
<p>8 Chicken popcorn 16g w/tea roll 20g Choice: Hamburger on Bun 32g Mashed Potatoes 14g Vegetable/fruit bar Applesauce 15g Milk 12-25g Choice *Chef Salad Meal</p>	<p>9 Pizza Feistada(taco flavor)43g Choice: Hamburger on Bun 32g Corn 13g Vegetable/fruit bar Banana 18g Milk 12-25g Choice *Chef Salad Meal</p>	<p>10 Walking Taco 25g Choice: Hamburger on Bun 32g Refried beans 16g Vegetable/fruit bar Peaches 14g Milk 12-25g Choice *Chef Salad 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 Choice *Chef Salad Meal</p>	<p>12 Macaroni & Cheese 27.44g Choice: Hamburger on Bun 32g Garlic breadstick 13g Peas 12g Vegetable/fruit bar Mixed Fruit 19g Milk 12-25g Choice *Chef Salad Meal</p>
15 NO SCHOOL	16 NO SCHOOL	17 NO SCHOOL	18 NO SCHOOL	19 NO SCHOOL
<p>22 Chicken Nuggets 16g w/tea roll 20g Choice: Hamburger on Bun 32g Mashed potatoes 14g Vegetable/fruit bar Applesauce 15g Milk 12-25g Choice *Chef Salad Meal</p>	<p>23 BRD Chicken Patty 16g on bun 30g Choice: Hamburger on Bun 32g Broccoli w/cheese sauce 12g Vegetable/fruit bar Side Kick Fruit Juice 22g Milk 12-25g Choice *Chef Salad Meal</p>	<p>24 Pepperoni pizza 38g Choice: Hamburger on Bun 32g Lettuce & tomato 2.5g Vegetable/fruit bar Pineapple 14g Milk 12-25g Choice *Chef Salad Meal</p>	<p>25 Hot dog 1g On Bun 30g Choice: Hamburger on Bun 32g Potato tots 14g Vegetable/fruit bar Apple slices 11.5g Milk 12-25g Choice *Chef Salad Meal</p>	<p>26 Cheese filled breadstick 30g w/marinara 6g Choice: Hamburger on Bun 32g Green beans 4g Vegetable/fruit bar Pears 20g Milk 12-25g Choice *Chef Salad Meal</p>
<p>29 Chicken popcorn 16g w/tea roll 20g Choice: Hamburger on Bun 32g Mashed Potatoes 14g Vegetable/fruit bar Applesauce 15g Milk 12-25g Choice *Chef Salad Meal</p>	<p>30 Teriyaki Chicken 8g w/Rice 11g Egg Roll 20g Choice: Hamburger on Bun 32g Mixed Veggies 5g Vegetable/fruit bar Mandarin oranges 23g Milk 12-25g Choice *Chef Salad Meal</p>	<p>31 Queso Cheese 2g & Beef 4.5g Nachos-chips 28g Choice: Hamburger on Bun 32g Refried Beans 16g Vegetable/fruit bar Apple slices 11.5g Milk 12-25g Choice *Chef Salad Meal</p>	<p>APRIL 1 Cheeseburger 3g on bun 30g Choice: Hamburger on Bun 32g Sweet Potato Fries 20g Vegetable/fruit bar Peaches 14g Milk 12-25g Choice *Chef Salad Meal</p>	<p>APRIL 2 NO SCHOOL</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 & 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>

