

LUNCH April 2021 UHS Carb Count Union Community Schools

Monday	Tuesday	Wednesday	Thursday	Friday
<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>	<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 & grahams 21g Milk 12-25g</p>	<p>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>2 NO SCHOOL</p>
<p>5 NO SCHOOL</p>	<p>6 Italian grill chicken on bun 33g 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>7 Cheese pizza 39g Choice: Hamburger on Bun 32g Lettuce & Tomato 2.5g Vegetable/Fruit Bar Pineapple 14g(1/2 cup) Milk 12-25g *Chef Salad *Un crustable Meal</p>	<p>8 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</p>	<p>9 Spaghetti w/meat sauce 34.24g & garlic breadstick 13g Choice: Hamburger on Bun 32g Corn 19.5g Vegetable/Fruit Bar Pears 20g (1/2cup) Milk 12-25g *Chef Salad *Un crustable Meal</p>
<p>12 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>13 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>14 Soft Shell Taco 33g Refried Beans 16g Vegetable/Fruit bar Peaches 14g(1/2cup) Milk 12-25g *Chef Salad *Un crustable Meal</p>	<p>15 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>16 Macaroni & Cheese 31.2g Garlic breadstick 13g Choice: Hamburger on Bun 32g Peas 12g Vegetable/Fruit Bar Mixed fruit 19g(1/2cup) Milk 12-25g *Chef Salad *Un crustable Meal</p>
<p>19 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>20 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>21 Pepperoni pizza 38g Choice: Hamburger on Bun 32g Lettuce & tomato 2.5g Vegetable/Fruit bar Pineapple (1/2cup) 14g Milk 12-25g *Chef Salad *Un crustable Meal</p>	<p>22 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>23 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>26 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>27 Grilled Cheese sandwich 34g Choice: Hamburger on Bun 32g Mixed Veggies 5g Vegetable/fruit bar Mandarin orange 23g Milk 12-25g *Chef Salad *Un crustable Meal</p>	<p>28 Queso Cheese 1g & 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>29 Meatball Sub 39g Choice: Hamburger on bun 32g Sweet potato fries Vegetable/fruit bar Banana 18g Milk 12-25g *Chef Salad *Un crustable Meal</p>	<p>30 Lasagna Roll Up 29g w/garlic breadstick 13g Choice: Hamburger on bun 32g Corn 19.5g Vegetable/fruit bar Peaches 14g 1/2c Milk 12-25g *Chef Salad *Un crustable Meal</p>