

**April 2021****UMS****Carb Count LUNCH****Union Community Schools**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>This institution is an equal opportunity provider.</p> <p>Menu is subject to change without notice.</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>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>2 NO SCHOOL</p>
<p>5 NO SCHOOL</p>	<p>6 Italian Grill Chicken on bun 33g Choice: Hamburger on Bun 32g Green beans 4g Vegetable/fruit bar Mandarin oranges 23g Milk 12-25g Choice *Chef Salad Meal</p>	<p>7 Cheese pizza 39g Choice: Hamburger on Bun 32g Lettuce &amp; Tomato 2.5g Vegetable/fruit bar Pineapple 14g Milk 12-25g Choice *Chef Salad Meal</p>	<p>8 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 Choice *Chef Salad Meal</p>	<p>9 Spaghetti w/meat sauce 34.24g &amp; Garlic breadstick 13g Choice: Hamburger on Bun 32g Corn 13g Vegetable/fruit bar Pears 20g Milk 12-25g Choice *Chef Salad Meal</p>
<p>12 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>13 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>14 Soft Shell Taco 26g Choice: Hamburger on Bun 32g Refried beans 16g Vegetable/fruit bar Peaches 14g Milk 12-25g Choice *Chef Salad 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 Choice *Chef Salad Meal</p>	<p>12 Macaroni &amp; 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>
<p>19 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>20 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>21 Pepperoni pizza 38g Choice: Hamburger on Bun 32g Lettuce &amp; tomato 2.5g Vegetable/fruit bar Pineapple 14g Milk 12-25g Choice *Chef Salad Meal</p>	<p>22 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>23 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>26 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>27 Grilled cheese sandwich 34g Choice: Hamburger on Bun 32g Mixed Veggies 5g Vegetable/fruit bar Mandarin oranges 23g Milk 12-25g Choice *Chef Salad Meal</p>	<p>28 Queso Cheese 2g &amp; 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>29 Meatball Sub 37.25g Choice: Hamburger on bun 32g Sweet potato fries Vegetable/fruit bar Banana 18g Milk 12-25g Choice *Chef Salad Meal</p>	<p>30 Shrimp Poppers 21g w/1 Cheese filled Breadstick 15g Choice: Hamburger on bun 32g Corn 13g Vegetable/fruit bar Peaches 14g Milk 12-25g Choice *Chef Salad Meal</p>