

# LUNCH May & June 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.</p> <p>Menu is subject to change without notice.</p>	<p>*Unrustable Meal</p> <p>Unrustable 2.6oz</p> <p>String Cheese 2g</p> <p>Carrots fresh 6g</p> <p>Apple 11.5</p> <p>Goldfish Crackers 14g</p> <p>Milk 12-25g</p>	<p>*Chef Salad Meal Contains:</p> <p>Ham 3g OR Chicken 2.25g</p> <p>Cheddar Cheese .5g</p> <p>Romaine lettuce 2g</p> <p>Tomatoes 1.5g, Cucumbers 1g, Carrots 6g</p> <p>Fruit –on menu (1cup) 30-46g</p> <p>Goldfish crackers 14g &amp; grahams 21g</p> <p>Milk 12-25g</p>		
<p>3</p> <p>Chicken Nuggets 19.2g w/tea roll 20g</p> <p>Choice: Hamburger on Bun 32g</p> <p>Mashed potatoes 21g</p> <p>Vegetable/fruit bar</p> <p>Applesauce 15g</p> <p>Milk 12-25g</p> <p>*Chef Salad</p> <p>*Unrustable Meal</p>	<p>4</p> <p>Teriyaki Chicken on Rice &amp; egg roll</p> <p>Choice: Hamburger on bun 32g</p> <p>Green beans 6g</p> <p>Vegetable /Fruit Bar</p> <p>Mandarin oranges(1/2c)23g</p> <p>*Chef Salad</p> <p>*Unrustable Meal</p> <p>Milk 12-25g</p>	<p>5</p> <p>Cheese pizza 39g</p> <p>Choice: Hamburger on Bun 32g</p> <p>Lettuce &amp; Tomato 2.5g</p> <p>Vegetable/Fruit Bar</p> <p>Pineapple 14g(1/2 cup) Milk 12-25g</p> <p>*Chef Salad</p> <p>*Unrustable Meal</p>	<p>6 Breakfast for LUNCH</p> <p>Sausage smokies 3g &amp; Pancakes 37g</p> <p>Choice: Hamburger on Bun 32g</p> <p>Potato Hash brown 15g</p> <p>Vegetable Fruit Bar</p> <p>Apple slices 11.5g Milk 12-25g</p> <p>*Chef Salad</p> <p>*Unrustable Meal</p>	<p>7</p> <p>Spaghetti w/meat sauce 34.24g</p> <p>&amp; garlic breadstick 13g</p> <p>Choice: Hamburger on Bun 32g</p> <p>Corn 19.5g</p> <p>Vegetable/Fruit Bar</p> <p>Pears 20g (1/2cup) Milk 12-25g</p> <p>*Chef Salad</p> <p>*Unrustable Meal</p>
<p>10</p> <p>Chicken popcorn 19.5g w/tea roll 20g</p> <p>Choice: Hamburger on Bun 32g</p> <p>Mashed Potatoes 21g</p> <p>Vegetable/Fruit Bar</p> <p>Applesauce 15g</p> <p>Milk 12-25g</p> <p>*Chef Salad</p> <p>*Unrustable Meal</p>	<p>11</p> <p>Mini Corndogs 30g</p> <p>Choice: Hamburger on Bun 32g</p> <p>Green Beans 4g</p> <p>Vegetable/Fruit Bar</p> <p>Banana 18g Milk 12-25g</p> <p>*Chef Salad</p> <p>*Unrustable Meal</p>	<p>12</p> <p>Soft Shell Taco 33g or walking taco 33g</p> <p>Refried Beans 16g</p> <p>Vegetable/Fruit bar</p> <p>Peaches 14g(1/2cup)</p> <p>Milk 12-25g</p> <p>*Chef Salad</p> <p>*Unrustable Meal</p>	<p>13</p> <p>Pork Rib Patty 12g on bun 30g</p> <p>Choice: Hamburger on Bun 32g</p> <p>Baked Beans 36g</p> <p>Vegetable/Fruit Bar</p> <p>Apple slices 11.5g</p> <p>Milk 12-25g</p> <p>*Chef Salad</p> <p>*Unrustable Meal</p>	<p>14</p> <p>Macaroni &amp; Cheese 31.2g</p> <p>Garlic breadstick 13g</p> <p>Choice: Hamburger on Bun 32g</p> <p>Peas 12g</p> <p>Vegetable/Fruit Bar</p> <p>Mixed fruit 19g(1/2cup)</p> <p>Milk 12-25g</p> <p>*Chef Salad</p> <p>*Unrustable Meal</p>
<p>17</p> <p>Chicken Nuggets 19.2g w/tea roll 20g</p> <p>Choice: Hamburger on Bun 32g</p> <p>Mashed potatoes 21g</p> <p>Vegetable/fruit bar</p> <p>Applesauce 15g</p> <p>Milk 12-25g</p> <p>*Chef Salad</p> <p>*Unrustable Meal</p>	<p>18</p> <p>BRD Chicken Patty 16g on bun 30g</p> <p>Choice: Hamburger on Bun 32g</p> <p>Broccoli w/cheese sauce 18g</p> <p>Vegetable /fruit bar</p> <p>Side Kick Fruit Juice 22g</p> <p>Milk 12-25g</p> <p>*Chef Salad</p> <p>*Unrustable Meal</p>	<p>19</p> <p>Pepperoni pizza 38g</p> <p>Choice: Hamburger on Bun 32g</p> <p>Lettuce &amp; tomato 2.5g</p> <p>Vegetable/Fruit bar</p> <p>Pineapple (1/2cup) 14g</p> <p>Milk 12-25g</p> <p>*Chef Salad</p> <p>*Unrustable Meal</p>	<p>20</p> <p>Hot dog 1g On Bun 30g</p> <p>Choice: Hamburger on Bun 32g</p> <p>Potato French fries 25g</p> <p>Vegetable/fruit bar</p> <p>Apple slices 11.5g</p> <p>Milk 12-25g</p> <p>*Chef Salad</p> <p>*Unrustable Meal</p>	<p>21</p> <p>Cheese filled breadstick 30g</p> <p>w/marinara 6g</p> <p>Choice: Hamburger on Bun 32g</p> <p>Green beans 6g</p> <p>Vegetable/fruit bar</p> <p>Pears 20g(1/2cup) Milk 12-25g</p> <p>*Chef Salad</p> <p>*Unrustable Meal</p>
<p>24</p> <p>Chicken popcorn 19.5g w/tea roll 20g</p> <p>Choice: Hamburger on Bun 32g</p> <p>Mashed Potatoes 21g</p> <p>Vegetable/fruit bar</p> <p>Applesauce 15g</p> <p>Milk 12-25g</p> <p>*Chef Salad</p> <p>*Unrustable Meal</p>	<p>25</p> <p>Italian grill Chicken patty 2g / bun 30g</p> <p>Choice: Hamburger on Bun 32g</p> <p>Mixed Veggies 5g</p> <p>Vegetable/fruit bar</p> <p>Mandarin orange 23g Milk 12-25g</p> <p>*Chef Salad</p> <p>*Unrustable Meal</p>	<p>26</p> <p>Queso Cheese 1g &amp; Beef Taco 4.5g</p> <p>Nachos-chips 28g</p> <p>Choice: Hamburger on bun 32g</p> <p>Refried beans 16g</p> <p>Vegetable/fruit bar</p> <p>Apple slices 11.5g Milk 12-25g</p> <p>*Chef Salad</p> <p>*Unrustable Meal</p>	<p>27</p> <p>Meatball Sub 39g</p> <p>Choice: Hamburger on bun 32g</p> <p>Sweet potato fries</p> <p>Vegetable/fruit bar</p> <p>Banana 18g Milk 12-25g</p> <p>*Chef Salad</p> <p>*Unrustable Meal</p>	<p>28</p> <p>Shrimp Poppers ?g</p> <p>w/garlic breadstick 13g</p> <p>Choice: Hamburger on bun 32g</p> <p>Corn 19.5g</p> <p>Vegetable/fruit bar</p> <p>Peaches 14g 1/2c Milk 12-25g</p> <p>*Chef Salad</p> <p>*Unrustable Meal</p>
<p>31</p> <p>NO SCHOOL</p>	<p>June 1</p> <p>Cook's Choice</p>	<p>June 2</p> <p>Cook's Choice</p>	<p>June 3</p> <p>Cook's Choice</p>	<p>June 4</p> <p>Cook's Choice</p>