

May & June 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 & grahams 21g Milk 12-25g</p>			
<p>3 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>4 Teriyaki Chicken on Rice & egg roll? Choice: Hamburger on Bun 32g Mixed Veggies 5g Vegetable/fruit bar Mandarin oranges 23g Milk 12-25g Choice *Chef Salad Meal</p>	<p>5 Cheese pizza 39g Choice: Hamburger on Bun 32g Lettuce & Tomato 2.5g Vegetable/fruit bar Pineapple 14g Milk 12-25g Choice *Chef Salad Meal</p>	<p>6 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>7 Spaghetti w/meat sauce 34.24g & Garlic breadstick 13g Choice: Hamburger on Bun 32g Corn 13g Vegetable/fruit bar Pears 20g Milk 12-25g Choice *Chef Salad Meal</p>
<p>10 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>11 Mini Corndog 30g Choice: Hamburger on Bun 32g Green Beans 4g Vegetable/fruit bar Banana 18g Milk 12-25g Choice *Chef Salad Meal</p>	<p>12 Soft Shell Taco 26g / 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>13 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>14 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>
<p>17 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>18 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>19 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>20 Hot dog 1g On Bun 30g Choice: Hamburger on Bun 32g Potato French fries 18g Vegetable/fruit bar Apple slices 11.5g Milk 12-25g Choice *Chef Salad Meal</p>	<p>21 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>24 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>25 Italian Grill Chicken Patty 2g/ bun 30g Choice: Hamburger on Bun 32g Mixed Veggies 5g Vegetable/fruit bar Mandarin oranges 23g Milk 12-25g Choice *Chef Salad Meal</p>	<p>26 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>27 Deli/cheese Sub 1.5g on bun 30g Choice: Hamburger on bun 32g Sweet potato fries Vegetable/fruit bar Banana 18g Milk 12-25g Choice *Chef Salad Meal</p>	<p>28 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>
<p>31 NO SCHOOL</p>	<p>June 1 Cook's Choice</p>	<p>June 2 Cook's Choice</p>	<p>June 3 Cook's Choice</p>	<p>June 4 Cook's Choice</p>