

UNION COMMUNITY SCHOOLS

LUNCH		CARB COUNT		DECEMBER 2023
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	OFFERED DAILY			KNIGHT STICKS 34g 1
Chef Salad Meal	Uncrustable Meal	Hamburger 1g on Bun 30g		
Ham 3g or Chicken 1.5g & Cheddar Cheese 5g	Peanut Butter & Jelly Uncrustable 32g	Fruit / Veg Bar & Fruit / Veg of the day & Milk		GREEN BEANS 4g
Gold Fish 14g & Graham Crackers 21g & Milk	String Cheese 2g, Fresh Carrots 3g, Crackers 14g, & Milk			PINEAPPLE 14g
Fruit / Veg Bar & Fruit / Veg of the day	Fruit / Veg Bar & Fruit / Veg of the day	MILK=12-24g		FRUIT / VEGGIE BAR MILK
BBQ RIB 11g ON BUN 30g 4	FIESTADA PIZZA 43g 5	POPCORN CHICKEN 20g 6	CHILI 20g 7	PEPPERONI PIZZA 38g 8
BAKED BEANS 36g	CORN 13g	WITH ROLL 20g	WITH CINNAMON ROLL 33g	GREEN BEANS 4g
PEACHES 14g	100% JUICE 15g	MASHED POTATOES 14g	SAVORY CARROTS 8g	PINEAPPLE 14g
		GRAVY 3g	FRESH FRUIT 11-34g	
		ROSY APPLESAUCE 32g	ASK KITCHEN	
FRUIT / VEGGIE BAR MILK	FRUIT / VEGGIE BAR MILK	FRUIT / VEGGIE BAR MILK	FRUIT / VEGGIE BAR MILK	FRUIT / VEGGIE BAR MILK
MINI CORNDOGS 17g 11	WALKING TACOS 12	CRISPY CHICKEN 19g 13	CHICKEN ALFREDO 41g 14	CHEESE PIZZA 31g 15
	3.5g / 28g	ON BUN 30g	g	
BROCCOLI WITH CHEESE 11g	CORN 13g	COTTAGE FRIES 26g	PEAS 12g	GREEN BEANS 4g
PEARS 20g	REFRIED BEANS 16g	APPLESAUCE CUP 13g	FRESH FRUIT 11-34g	PINEAPPLE 14g
	MANDARIN ORANGES 23g		ASK KITCHEN	
FRUIT / VEGGIE BAR MILK	FRUIT / VEGGIE BAR MILK	FRUIT / VEGGIE BAR MILK	FRUIT / VEGGIE BAR MILK	FRUIT / VEGGIE BAR MILK
ITALIAN CHICKEN 0g 18	CHICKEN & CHEESE 19	CHICKEN TENDERS 16g 20	HOLIDAY MEAL 21	22
ON BUN 30g	QUESADILLA 38g	WITH WAFFLES 14g	HAM 2g WITH ROLL 20g	
SWEET POTATO FRIES 24g	CORN 13g	BAKED BEANS 36g	ROASTED POTATOES 19g	WINTER BREAK BEGINS
PEACHES 14g	MANDARIN ORANGES 23g	FRESH FRUIT 11-34g	FRUIT SALAD & JOLLY SIDE KICKS	NO SCHOOL
		ASK KITCHEN	DESSERT ASK KITCHEN	
FRUIT / VEGGIE BAR MILK	FRUIT / VEGGIE BAR MILK	FRUIT / VEGGIE BAR MILK	FRUIT / VEGGIE BAR MILK	
25	26	27	28	29
WINTER BREAK NO SCHOOL				

*Vegetable / Fruit Bar Contains: Fresh Romaine Lettuce, Tomatoes, Carrots, Cucumbers, & a 2nd Fruit Daily

May Also Contain Other Choices Like Celery, Peppers, And Cauliflower. All Items On Menu Are Subject To Change Based On Product Availability.

LUNCH		CARB COUNT		JANUARY 2024
		CHICKEN FAJITAS 25.5g 3	BREADED PORK CHOP 17g 4	PIZZA CRUNCHERS 41g 5

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		PEPPERS & ONION 8g	WITH GARLIC TOAST 12g	GREEN BEANS 4g
		CORN 13g & FRUIT CUP 15g	FRENCH FRIES 24g & PEACHES 14g	PINEAPPLE 14g
BREAKFAST		CARB COUNT		DECEMBER 2023
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CEREALS:	Choice: Cereal 20-25g with			YOGURT PARFAIT 31.55g 1
Lucky Charms 23g Trix 23g	Muffin 30g, Yogurt 19g, or			Choice: Cereal with
Cinnamon Toast Crunch 23g	Oatmeal Bar 25g			Muffin, Yogurt, or Oatmeal Bar
Fruit Loops 24g Fruity Pebbles 24g	Choice: Uncrustable 32g			Choice: Uncrustable
Honey Nut Cheerios 23g Reese Puffs 21g	100% Fruit Juice 14-18g & Fruit			100% Fruit Juice & Fruit
Cinnamon Chex 23g Cocoa Puffs 29g	Milk 12-25g			Milk
MINI DONUTS 33.3g 4	BREAKFAST BAR 8g W/TOAST 20g 5	WAFFLES 37g 6	BREAKFAST PIZZA 22g 7	YOGURT PARFAIT 31.55g 8
Choice: Cereal with	Choice: Cereal with	Choice: Cereal with	Choice: Cereal with	Choice: Cereal with
Muffin, Yogurt, or Oatmeal Bar	Muffin, Yogurt, or Oatmeal Bar	Muffin, Yogurt, or Oatmeal Bar	Muffin, Yogurt, or Oatmeal Bar	Muffin, Yogurt, or Oatmeal Bar
Choice: Uncrustable	Choice: Uncrustable	Choice: Uncrustable	Choice: Uncrustable	Choice: Uncrustable
100% Fruit Juice & Fruit	100% Fruit Juice & Fruit	100% Fruit Juice & Fruit	100% Fruit Juice & Fruit	100% Fruit Juice & Fruit
Milk	Milk	Milk	Milk	Milk
MINI CINNIS 40g 11	OMELET 1g WITH TOAST 20g 12	PANCAKES 41g 13	BREAKFAST PIZZA 22g 14	YOGURT PARFAIT 31.55g 15
Choice: Cereal with	Choice: Cereal with	Choice: Cereal with	Choice: Cereal with	Choice: Cereal with
Muffin, Yogurt, or Oatmeal Bar	Muffin, Yogurt, or Oatmeal Bar	Muffin, Yogurt, or Oatmeal Bar	Muffin, Yogurt, or Oatmeal Bar	Muffin, Yogurt, or Oatmeal Bar
Choice: Uncrustable	Choice: Uncrustable	Choice: Uncrustable	Choice: Uncrustable	Choice: Uncrustable
100% Fruit Juice & Fruit	100% Fruit Juice & Fruit	100% Fruit Juice & Fruit	100% Fruit Juice & Fruit	100% Fruit Juice & Fruit
Milk	Milk	Milk	Milk	Milk
BAGEL 28g WITH CREAM CHEESE 5g 1	BREAKFAST BAR 8g W/TOAST 20g 19	FRENCH TOAST 28g 20	BREAKFAST PIZZA 22g 21	22
Choice: Cereal with 18	Choice: Cereal with	Choice: Cereal with	Choice: Cereal with	WINTER BREAK BEGINS NO SCHOOL
Muffin, Yogurt, or Oatmeal Bar	Muffin, Yogurt, or Oatmeal Bar	Muffin, Yogurt, or Oatmeal Bar	Muffin, Yogurt, or Oatmeal Bar	
Choice: Uncrustable	Choice: Uncrustable	Choice: Uncrustable	Choice: Uncrustable	
100% Fruit Juice & Fruit	100% Fruit Juice & Fruit	100% Fruit Juice & Fruit	100% Fruit Juice & Fruit	
Milk	Milk	Milk	Milk	
25	26	27	28	29
WINTER BREAK NO SCHOOL				

BREAKFAST		CARB COUNT		JANUARY 2024
NO SCHOOL	NO SCHOOL	WAFFLES 3	BREAKFAST PIZZA 4	MINI DONUTS 5
		Choice: Uncrustable	Choice: Uncrustable	Choice: Uncrustable