

## UNION COMMUNITY SCHOOLS

LUNCH		HIGH SCHOOL				JANUARY 2024			
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		*OFFERED DAILY WITH A FRUIT / VEGETABLE BAR & FRUIT / VEGETABLE OF THE DAY*							
		Chef Salad Meal 43g Ham or Chicken & Cheddar Cheese Gold Fish & Graham Crackers & Milk		Uncrustable Meal 46g Peanut Butter & Jelly Uncrustable String Cheese, Fresh Carrots, Crackers, & Milk		Hamburger on Bun 1g / 26g		Milk 12-24g	
1		2		3		4		5	
		CHICKEN FAJITA 25g PEPPERS & ONIONS 8g		BREADED PORK CHOP- 17g WITH MUFFIN 30g		PIZZA CRUNCHERS 41g			
NO SCHOOL		NO SCHOOL		CORN 13g FRENCH FRIES 26g PEACHES 14g		GREEN BEANS 4g PINEAPPLE 14g			
				FRUIT CUP 17-25g		MENU CHANGE FROM GARLIC TOAST TO MUFFIN			
				FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK	
8		9		10		11		12	
GRILLED CHEESE & TOMATO SOUP WITH CRACKERS 31 / 18 / 10g PEARS 20g		SOFT SHELL TACO 35/22g (Taco Meat, Cheese Cup, & WG Tortilla) REFRIED BEANS 16g 100% JUICE 15g		CHICKEN DRUMSTICK WITH DINNER ROLL 6/22g MASHED POTATOES 20g GRAVY 3g APPLESAUCE CUP 15g		MANDARIN ORANGE 25g CHICKEN ON RICE 18g STEAMED VEGGIES 5g MANDARIN ORANGES 23g FORTUNE COOKIE 16g		PEPPERONI FRENCH BREAD 32g GREEN BEANS 4g PINEAPPLE 14g	
FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK	
15		16		17		18		19	
		CRISPITO BURRITOS 46g		POPCORN CHICKEN 20g WITH GARLIC KNOT 27g		SLOPPY JOE ON BUN 32 / 26g		CHEESE PIZZA 36g	
NO SCHOOL		REFRIED BEANS 16g CORN 13g PEACHES 14g		BAKED POTATO 34g APPLESAUCE 15g		SWEET POTATO FRIES 20g FRESH FRUIT 12-23g		VEGGIES WITH CHEESE 11g PINEAPPLE 14g	
		FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK	
22		23		24		25		26	
LASAGNA CHEESE 29g ROLLUPS WITH GARLIC TOAST 22g GREEN BEANS 4g MANDARIN ORANGES 23g		BEEF & CHEESE NACHOS 3.5 / 3 / 29g CORN 13g PEARS 20g		1:00 DISMISSAL CRISPY CHICKEN 19g OR SPICY CHICKEN ON BUN 26g BAKED BEANS 36g PEACHES 14g		PANCAKES WITH 36g SAUSAGE PATTIES 0g HASHBROWNS 14g APPLESAUCE CUP 15g		PEPPERONI PIZZA 36g COOKED CARROTS 6g PINEAPPLE 14g	
FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK	
29		30		31					
SHRIMP POPPERS 19/17g WITH CHEESE FILLED BREADSTICK BROCCOLI WITH CHEESE 11g SLICED OR WHOLE APPLES 9g		WALKING TACO 3.5/28g REFRIED BEANS 16g CORN 13g MANDARIN ORANGES 23g		CHICKEN TENDERS 16g WITH DINNER ROLL 22g MASHED POTATOES 20g GRAVY 3g ROSY APPLESAUCE 27g					
FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK					
*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.									

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BREAKFAST		HIGH SCHOOL		JANUARY 2024	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1	2	3	4	5	
		WAFFLES 37g Choice: Cereal with	BREAKFAST PIZZA 22g Choice: Cereal with	MINI DONUTS 33-3g Choice: Cereal with	
NO SCHOOL	NO SCHOOL	Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable	Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable	Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable	
		100% Fruit Juice & Fruit Milk	100% Fruit Juice & Fruit Milk	100% Fruit Juice & Fruit Milk	
MINI CINNIS 39g OR FRUIT FRUDEL Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	BREAKFAST BAR WITH TOAST 9 Choice: Cereal with 8 / 12g Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	PANCAKES 41g Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	BREAKFAST PIZZA 11 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	YOGURT PARFAIT 31-55g 12 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	
15	16	17	18	19	
	OMELET WITH TOAST 1 / 12g Choice: Cereal with	FRENCH TOAST 37g Choice: Cereal with	BREAKFAST PIZZA Choice: Cereal with	YOGURT PARFAIT Choice: Cereal with	
NO SCHOOL	Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable	Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable	Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable	Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable	
	100% Fruit Juice & Fruit Milk	100% Fruit Juice & Fruit Milk	100% Fruit Juice & Fruit Milk	100% Fruit Juice & Fruit Milk	
BAGEL WITH CREAM CHEESE 29g 22	BREAKFAST BAR WITH TOAST 23	WAFFLES 24	BREAKFAST PIZZA 25	YOGURT PARFAIT 26	
Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	
MINI DONUTS 29	OMELET WITH TOAST 30	PANCAKES 31			
Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	CEREAL = 22-25g MUFFIN = 30g YOGURT CUP = 19g OATMEAL BAR = 25g UNCRUSTABLE = 32g	100% FRUIT JUICE = 14-18g MILK = 12-24g	