

UNION COMMUNITY SCHOOLS

LUNCH				CARB COUNT				FEBRUARY 2024	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
OFFERED DAILY WITH A FRUIT / VEGETABLE BAR & FRUIT / VEGETABLE OF THE DAY									
Milk		Chef Salad Meal		Uncrustable Meal		Hamburger on Bun			
12-24g		Ham3g or Chicken1.5g & Cheddar Cheese 5g		Peanut Butter & Jelly Uncrustable32g		2g / 26g			
		Gold Fish14g & Graham Crackers21g & Milk		String Cheese2g, Fresh Carrots3g, Crackers14g, & Milk					
						CHICKEN TERIYAKI ON RICE 1		KNIGHT STICKS 34g 2	
						14g/11g			
						STEAMED VEGGIES 5g		GREEN BEANS 4g	
						PINEAPPLE 14g		PEARS 20g	
						FORTUNE COOKIE 16g			
						FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK	
MEATBALL SUB 5		CHICKEN & CHEESE 6		CHICKEN TENDERS 16g 7		CHILI WITH CRACKERS 20g/5g8		PIZZA CRUNCHERS 41g 9	
5g / 25g		QUESADILLA 32g		WITH GARLIC BREADSTICK 15g		& CINNAMON ROLL 33g			
FRENCH FRIES 26g		CORN 13g		BAKED BEANS 36g		SAVORY CARROTS 8g		GREEN BEANS 4g	
PEACHES 14g		MANDARIN ORANGES 23g		APPLESAUCE 15g		FRUIT CUP 15-21g		PINEAPPLE 14g	
FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK	
12		CHICKEN FAJITAS 25g 13		CRISPY CHICKEN 19g OR 14		TURKEY & NOODLES 17g 15		PEPPERONI FRENCH BREAD 16	
NO SCHOOL		(Chicken & Cheese in a Tortilla)		SPICY CHICKEN 15g ON BUN 26		WITH BISCUIT 12g		32g	
		PEPPERS & ONIONS 8g		CORN 13g		MIXED VEGGIES 12g		BROCCOLI WITH CHEESE 11g	
		REFRIED BEANS 16g		SIDEKICKS 23g		FRUIT CUP 15-21g		100% JUICE 15g	
		MANDARIN ORANGES 23g		DESSERT 31g					
		FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK	
PULLED PORK ON BUN 19		FIESTADA PIZZA 20		CHICKEN DRUMSTICK 6g 21		BBQ RIB ON BUN 22		23	
30g / 26g		43g		WITH GARLIC TOAST 12g		11g / 26g		NO SCHOOL	
SEASONED POTATO WEDGES		CORN 13g		MASHED POTATOES 14g		SWEET POTATO FRIES 20g			
PEARS 20g 20g		PINEAPPLE 14g		GRAVY 3g		PEACHES 14g			
		EARLY DISMISSAL		ROSY APPLESAUCE 17g		EARLY DISMISSAL			
FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK			
BREADED PORK CHOP 17g 26		SOFT SHELL TACO 33g 27		POPCORN CHICKEN 20g 28		MANDARIN ORANGE CHICKEN		CHEESE PIZZA MARCH 1	
WITH MUFFIN 30g		CORN 13g		WITH GARLIC TOAST OR BISCUIT		WITH RICE 25g / 11g 29		31g	
BROCCOLI WITH CHEESE 11g		REFRIED BEANS 16g		TATER TOTS 19g		STEAMED VEGGIES 5g		GREEN BEANS 4g	
MANDARIN ORANGES 23g		FRUIT CUP 15-21g		APPLESAUCE CUP 15g		PINEAPPLE 14g		MIXED FRUIT 16g	
				1:00 DISMISSAL		FORTUNE COOKIE 16g			
FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK			

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*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.				
BREAKFAST	CARB COUNT			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FEBRUARY 2024
CEREALS: Lucky Charms 23g Trix 23g Cinnamon Toast Crunch 23g Fruit Loops 24g Fruity Pebbles 24g Honey Nut Cheerios 23g Reese Puffs 21g Cinnamon Chex 23g Cocoa Puffs 29g	Choice: Cereal 20-25g with Muffin 30g, Yogurt 19g, or Oatmeal Bar 25g Choice: Uncrustable 32g 100% Fruit Juice 14-18g & Fruit Milk 12-25g		SAUSAGE PANCAKE STICK 1 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	YOGURT PARFAIT 31.55g 2 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk
MINI DONUTS 33.3g 5 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	BREAKFAST BAR 8g WITH TOAST 20g 6 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	FRENCH TOAST 28g 7 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	BREAKFAST PIZZA 22g 8 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	YOGURT PARFAIT 9 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk
NO SCHOOL 12	OMELET 1g WITH TOAST 20g 13 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	WAFFLES 37g 14 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	SAUSAGE PANCAKE STICK 17g 15 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	YOGURT PARFAIT 16 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk
MINI CINNIS 40g 19 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	BREAKFAST BAR WITH TOAST 20 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	PANCAKES 41g 21 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	BREAKFAST PIZZA 22 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	NO SCHOOL 23
FRUIT FRUDEL 38g 26 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	OMELET WITH TOAST 27 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	FRENCH TOAST 28g 28 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	SAUSAGE PANCAKE STICK 29 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	YOGURT PARFAIT MARCH 1 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk