

UNION COMMUNITY SCHOOLS

LUNCH		CARB COUNT		MARCH 2024					
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
CHOICES OFFERED DAILY WITH A FRUIT / VEGETABLE BAR & FRUIT / VEGETABLE OF THE DAY									
		Chef Salad Meal		Uncrustable Meal		Hamburger 2g on Bun 26g			
Milk 12-24g		Ham 3g or Chicken 1.5g & Cheddar Cheese .5g		Peanut Butter & Jelly Uncrustable					
		Gold Fish 14g & Graham Crackers 21g & Milk		String Cheese, Crackers, & Milk					
								CHEESE PIZZA 1	
								GREEN BEANS MIXED FRUIT	
								FRUIT / VEGGIE BAR MILK	
MINI CORNDOGS 17g 4		CRISPITO BURRITOS 46g 5		ITALIAN CHICKEN ON BUN 6		MACARONI AND CHEESE 27.4g		PIZZA CRUNCHERS 41g 8	
BAKED BEANS 36g		WITH CHEESE SAUCE 6g		0g / 26g		WITH CINNAMON ROLL 41g 7			
PEACHES 14g		CORN 13g		SWEET POTATO FRIES 20g		PEAS 11g		VEGGIES WITH CHEESE 11g	
		MANDARIN ORANGES 23g		PEARS 20g		FRUIT CUP 15-21g		APPLE SLICES 25g	
FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK	
11		12		13		14		15	
SPRING BREAK - NO SCHOOL									
PEPPERONI PIZZA 36g 18		WALKING TACOS 3.5g / 27g 19		CHICKEN TENDERS 16g 20		FRENCH TOAST 37g AND 21		COD NUGGETS 23g 22	
CORN 13g		REFRIED BEANS 16g		WITH TEA ROLL 22g		SAUSAGE SMOKIES 2g		WITH CHEESE STICKS (NEW)	
PINEAPPLE 14g		MANDARIN ORANGES 23g		MASHED POTATOES 14g		HASHBROWNS 14g		GREEN BEANS 4g 15g	
				GRAVY 3g		100% JUICE 15g		PEACHES 14g	
FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK		FRUIT / VEGGIE BAR MILK	
KNIGHT STICKS 34g 25		CHICKEN & QUESO 26		1:00 PM DISMISSAL		CHICKEN ALFREDO 41g 28		29	
		NACHOS 2.3g / 29g		CRISPY 19g OR SPICY 15g 27		WITH GARLIC BREADSTICK		NO SCHOOL	
VEGGIES WITH CHEESE 11g		CORN 13g		CHICKEN ON BUN 26g		MIXED VEGGIES 12g 15g			
PEARS 20g		PINEAPPLE 14g		BAKED BEANS 36g		FRUIT CUP 15-21g			
FRUIT / VEGGIE BAR MILK		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		CARB COUNT			MARCH 2024
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				YOGURT PAREFAIT 31.55g 1 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	
CEREALS 22-25g MUFFIN 30g YOGURT 4oz 19g OATMEAL BAR 25g	UNCRUSTABLE 32g 100% FRUIT JUICE 14-18g MILK 12-25g				
DONUTS 33.3g 4 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit & Milk	BREAKFAST BAR WITH TOAST Choice: Cereal with 8g/12g 5 Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit & Milk	WAFFLES 37g 6 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit & Milk	BREAKFAST PIZZA 22g 7 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit & Milk	STRAWBERRY CR BAGEL 42g 8 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit & Milk	
NATIONAL SCHOOL BREAKFAST WEEK					
11	12	13	14	15	
SPRING BREAK - NO SCHOOL					
MINI CINNIS 39g 18 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	OMELET WITH TOAST Choice: Cereal with 1g/12g 19 Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	PANCAKES 41g 20 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	SAUSAGE PANCAKE ON A STICK Choice: Cereal with 17g 21 Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	FRUIT FRUDEL 38g 22 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	
DONUTS 25 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	BREAKFAST BAR WITH TOAST Choice: Cereal with 26 Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	FRENCH TOAST 37g 27 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	BREAKFAST PIZZA 28 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	29 NO SCHOOL	