

UNION COMMUNITY SCHOOLS

LUNCH		CARB COUNT			APRIL 2024
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
*CHOICES OFFERED DAILY WITH A FRUIT / VEGETABLE BAR & FRUIT / VEGETABLE OF THE DAY*					
	<b>Chef Salad Meal</b>	<b>Uncrustable Meal</b>	<b>Hamburger on Bun</b>		
	Ham 3g or Chicken 1.5g & Cheddar Cheese .5g Crackers 14g & Milk 12-24g	Peanut Butter & Jelly Uncrustable 32g String Cheese 2g, Crackers 14g, & Milk	1g / 30g		
<b>GRILLED CHEESE 25g 1</b>	<b>SOFT SHELL TACO 2</b>	<b>POPCORN CHICKEN 20g 3</b>	<b>MANDARIN ORANGE 25g 4</b>	<b>CHEESE PIZZA 36g 5</b>	
<b>SANDWHICH</b>	35g / 22g	<b>WITH DINNER ROLL 22g</b>	<b>CHICKEN WITH RICE 18g</b>		
CORN 13g	REFRIED BEANS 16g	BROCCOLI WITH CHEESE 11g	ORIENTAL VEGGIE BLEND 5g	GREEN BEANS 4g	
100% JUICE 15g	PEARS 20g	APPLESAUCE 15g	MANDARIN ORANGES 23g	PINEAPPLE 14g	
			FORTUNE COOKIE 16g		
FRUIT / VEGGIE BAR MILK	FRUIT / VEGGIE BAR MILK	FRUIT / VEGGIE BAR MILK	FRUIT / VEGGIE BAR MILK	FRUIT / VEGGIE BAR MILK	
<b>PHILLY CHEESESTEAK 8</b>	<b>CHICKEN &amp; CHEESE 9</b>	<b>CHICKEN DRUMSTICK 10</b>	<b>BBQ RIB ON BUN 11</b>	<b>PEPPERONI PIZZA 12</b>	
<b>SANDWHICH 1g / 25g</b>	<b>QUESADILLA 33g</b>	<b>WITH DINNER ROLL 6g / 22g</b>	<b>11g / 30g</b>	36g	
PEPPERS & ONIONS 8g	CORN 13g	MASHED POTATOES 20g	COLESLAW 27g	GREEN BEANS 4g	
SWEET POTATO FRIES 20g	PEARS 20g	GRAVY 3g	BAKED BEANS 36g	MANDARIN ORANGES 23g	
PEACHES 14g	APPLE FILLED CHURRO 27g	ROSY APPLESAUCE 27g	FRUIT CUP 17-25g		
FRUIT / VEGGIE BAR MILK	FRUIT / VEGGIE BAR MILK	FRUIT / VEGGIE BAR MILK	FRUIT / VEGGIE BAR MILK	FRUIT / VEGGIE BAR MILK	
<b>SHRIMP POPPERS 19g 15</b>	<b>WALKING TACOS 16</b>	<b>CHICKEN TENDERS 16g 17</b>	<b>LASAGNA CHEESE ROLLUP 18</b>	<b>PEPPERONI FRENCH BREAD 19</b>	
<b>WITH (1) KNIGHT STICK 17g</b>	3.5g / 28g	<b>WITH DINNER ROLL 22g</b>	<b>WITH GARLIC TOAST 18</b>	32g	
CORN 13g	REFRIED BEANS 16g	MIXED VEGGIES 12g	ASPARAGUS 3g 29g / 22g	GREEN BEANS 4g	
PEACHES 14g	PINEAPPLE 14g	APPLE OR APPLE SLICES 17g	FRUIT CUP 17-25g	MANDARIN ORANGES 23g	
FRUIT / VEGGIE BAR MILK	FRUIT / VEGGIE BAR MILK	FRUIT / VEGGIE BAR MILK	FRUIT / VEGGIE BAR MILK	FRUIT / VEGGIE BAR MILK	
<b>BREADED PORK CHOP 22</b>	<b>CHICKEN FAJITAS 23</b>	<b>CRISPY 19g OR SPICY 24</b>	<b>GOULASH 26g WITH 25</b>	<b>PIZZA CRUNCHERS 26</b>	
<b>WITH MUFFIN 17g / 30g</b>	25g	<b>CHICKEN ON BUN</b>	<b>GARLIC TOAST 22g</b>	41g	
SEASONED POTATOES 15g	PEPPERS & ONIONS 8g	CORN 13g	GREEN BEANS 4g	BROCCOLI WITH CHEESE 11g	
PEACHES 14g	REFRIED BEANS 16g	APPLESAUCE CUP 15g	MANDARIN ORANGES 23g	PEARS 20g	
	PINEAPPLE 14g	<b>1:00 DISMISSAL</b>			
FRUIT / VEGGIE BAR MILK	FRUIT / VEGGIE BAR MILK	FRUIT / VEGGIE BAR MILK	FRUIT / VEGGIE BAR MILK	FRUIT / VEGGIE BAR MILK	
<b>SEASONED GRILLED 29</b>	<b>CRISPITO BURRITOS 30</b>				
<b>CHICKEN ON BUN 1g / 30g</b>	46g				
FRENCH FRIES 26g	CORN 13g				
PINEAPPLE 14g	MANDARIN ORANGES 23g				
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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<b>BREAKFAST</b>		<b>CARB COUNT</b>			<b>APRIL 2024</b>
<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	
<b>MINI CINNIS 40g</b> 1 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	<b>EGG &amp; CHEESE BAGEL 23g</b> 2 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	<b>WAFFLES 37g</b> 3 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	<b>SAUSAGE PANCAKE ON A STICK</b> 4 Choice: Cereal with 17g 4 Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	<b>COOKS CHOICE</b> 5 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	
<b>DONUT 41g</b> 8 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	<b>BREAKFAST BAR WITH TOAST</b> 9 Choice: Cereal with 8g / 24g 9 Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	<b>PANCAKES 41g</b> 10 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	<b>BREAKFAST PIZZA 22g</b> 11 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	<b>COOKS CHOICE</b> 12 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	
<b>MINI CINNIS 40g</b> 15 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	<b>EGG &amp; CHEESE BAGEL 23g</b> 16 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	<b>FRENCH TOAST 28g</b> 17 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	<b>SAUSAGE PANCAKE ON A STICK</b> 18 Choice: Cereal with 17g 18 Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	<b>COOKS CHOICE</b> 19 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	
<b>DONUT 41g</b> 22 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	<b>BREAKFAST BAR WITH TOAST</b> 23 Choice: Cereal with 8g / 24g 23 Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	<b>WAFFLES 37g</b> 24 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	<b>BREAKFAST PIZZA 22g</b> 25 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	<b>COOKS CHOICE</b> 26 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	
<b>MINI CINNIS 40g</b> 29 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	<b>EGG &amp; CHEESE BAGEL 23g</b> 30 Choice: Cereal with 30 Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk		<b>CEREAL 20-25g</b> <b>MUFFIN 30g</b> <b>YOGURT CUP 19g</b> <b>OATMEAL BAR 25g</b>  <b>UNCRUSTABLE 32g</b>	<b>MILK 12-24g</b> <b>100% FRUIT JUICE 15g</b>	