

UNION COMMUNITY SCHOOLS

LUNCH		CARB COUNT			MAY 2024		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
CHOICES OFFERED DAILY WITH A FRUIT / VEGETABLE BAR & FRUIT / VEGETABLE OF THE DAY							
(1) Chef Salad Meal		(2) Uncrustable Meal		(3) Hamburger2g on Bun26g			
Ham3g or Chicken1.5g & Cheddar Cheese1g Crackers14g & Milk12-24g		Peanut Butter & Jelly Uncrustable32g String Cheese2g, Crackers14g, & Milk		Soy White18g / Soy Chocolate25g			
SEASONED GRILLED 4/29 CHICKEN ON BUN 0g/26g FRENCH FRIES 24g PINEAPPLE 14g FRUIT / VEGGIE BAR MILK		CRISPITO BURRITOS 4/30 46g CORN 13g MANDARIN ORANGES 23g FRUIT / VEGGIE BAR MILK		POPCORN CHICKEN 20g 1 WITH GARLIC BREAD 12g BAKED BEANS 36g PEACHES 14g FRUIT / VEGGIE BAR MILK		MACARONI & CHEESE 27.4g WITH CINNAMON ROLL 41g PEAS 11g 2 100% JUICE 15-24g FRUIT / VEGGIE BAR MILK	CHEESE FILLED 30g 3 BREADSTICKS (OLD STYLE) GREEN BEANS 4g APPLESAUCE CUP 14g FRUIT / VEGGIE BAR MILK
COD NUGGETS 23g 6 WITH CHEESE STICKS 15g CORN 13g PEARS 20g FRUIT / VEGGIE BAR MILK		WALKING TACOS 7 3.5g / 27g REFRIED BEANS 16g PINEAPPLE 14g FRUIT / VEGGIE BAR MILK		CHICKEN DRUMSTICK 6g 8 WITH DINNER ROLL 15g MASHED POTATOES 14g & GRAVY 3g ROSY APPLESAUCE 32g FRUIT / VEGGIE BAR MILK		CRISPY CHICKEN 9 ON BUN 19g / 26g SWEET POTATO FRIES 24g FRESH FRUIT 5-27g FRUIT / VEGGIE BAR MILK	PIZZA CRUNCHERS 10 41g MIXED VEGGIES 8.3g MANDARIN ORANGES 23g FRUIT / VEGGIE BAR MILK
PRETZEL DOG 31g 13 CORN 13g PEACHES 14g FRUIT / VEGGIE BAR MILK		SENIOR MEAL 14 CRISPITOS & QUESADILLAS 46g / 33g CHEESY POTATOES 20g STRAWBERRIES & BANANAS 25 DESSERT 46g FRUIT / VEGGIE BAR MILK		BBQ RIB ON BUN 15 11g / 26g BAKED BEANS 36g APPLESAUCE CUP 14g FRUIT / VEGGIE BAR MILK		CHEESEBURGER 16 ON BUN 4g / 26g FRENCH FRIES 24g FRUIT CUP 15-21g FRUIT / VEGGIE BAR MILK	PIZZA 36g - 45g 17 (PEPPERONI & CHEESE) GREEN BEANS 4g PINEAPPLE 14g FRUIT / VEGGIE BAR MILK
BREADED PORK CHOP 20 WITH MUFFIN 17g / 36g ROASTED POTATOES 18g PEACHES 14g FRUIT / VEGGIE BAR MILK		BEEF & CHEESE NACHOS 21 1.7g / 18-29g REFRIED BEANS 16g MANDARIN ORANGES 23g FRUIT / VEGGIE BAR MILK		COOK'S CHOICE ASK KITCHEN		COOK'S CHOICE	COOK'S CHOICE
27		28		29		30	31
NO SCHOOL MEMORIAL DAY		COOK'S CHOICE		COOK'S CHOICE		11:00 AM DISMISSAL LAST DAY OF SCHOOL	ENJOY YOUR SUMMER
<small>*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.</small>							

BREAKFAST	CARB COUNT			MAY 2024
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UNION COMMUNITY SCHOOLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	PANCAKES 41g, WAFFLES 37g, OR 1 FRENCH TOAST 28g Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	SAUSAGE PANCAKE ON A STICK 17g Choice: Cereal with 2 Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	COOK'S CHOICE ASK KITCHEN 3 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk
DONUTS 33.3g 6 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	BREAKFAST BAR WITH TOAST 8g / 20g Choice: Cereal with 7 Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	PANCAKES, WAFFLES, OR 8 FRENCH TOAST Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	BREAKFAST PIZZA 22g 9 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	COOK'S CHOICE 10 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk
FRUELS 36g OR MINI CINNIS 40g 13 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	EGG & CHEESE BAGEL 23g 14 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	PANCAKES, WAFFLES, OR 15 FRENCH TOAST Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	SAUSAGE PANCAKE ON A STICK Choice: Cereal with 16 Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	COOK'S CHOICE 17 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk
DONUTS 20 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	BREAKFAST BAR WITH TOAST Choice: Cereal with 21 Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	PANCAKES, WAFFLES, OR 22 FRENCH TOAST Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	COOK'S CHOICE 23 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	COOK'S CHOICE 24 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk
27 NO SCHOOL MEMORIAL DAY	COOK'S CHOICE 28 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	COOK'S CHOICE 29 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk	COOK'S CHOICE 30 Choice: Cereal with Muffin, Yogurt, or Oatmeal Bar Choice: Uncrustable 100% Fruit Juice & Fruit Milk LAST DAY OF SCHOOL!!!	31

COOKS CHOICE = ANY MAIN BREAKFAST ITEM PREVIOUSLY ON MENU