## **UNION COMMUNITY SCHOOLS**

| LUNCH                                                                                          |           |                                      |           | GLUTEN FREE                                                                  |         |                                  |              | MAY                | <mark>2024</mark> |
|------------------------------------------------------------------------------------------------|-----------|--------------------------------------|-----------|------------------------------------------------------------------------------|---------|----------------------------------|--------------|--------------------|-------------------|
| MONDAY                                                                                         |           | TUESDAY                              |           | WEDNESDAY                                                                    |         | THURSDAY                         |              | FRIDAY             |                   |
|                                                                                                |           | *CHOICES OFFERED                     | DAILY V   | VITH A FRUIT / VEGETABLE B.                                                  | AR & F  | RUIT / VEGETABLE OF TH           | E DAY*       |                    |                   |
| COOK'S CHOICE WILL BE ANNO ONCE WE CLOSER TO THE END OF T email c_glenn@union.k12.ia.us with o | THE MONTH |                                      |           | HAMBURGER ON GLUTEN FREE                                                     | BUN     |                                  |              |                    |                   |
| SEASONED GRILLED                                                                               |           | HAMBURGER ON GF BU                   | N 4/30    | GF CHICKEN TENDERS                                                           | 1       | BBQ QTF RIB ON GF I              | BUN 2        | GF PIZZA           | 3                 |
| CHICKEN ON GF BUN                                                                              | •         | OR GF CORNDOG                        | 1, 0,     | WITH GF CHIPS                                                                |         | GF COOKIE                        |              |                    |                   |
| FRENCH FRIES                                                                                   |           | CORN                                 |           | BAKED BEANS                                                                  |         | PEAS                             |              | GREEN BEANS        |                   |
| PINEAPPLE                                                                                      |           | MANDARIN ORANGES                     |           | PEACHES                                                                      |         | 100% JUICE                       |              | APPLESAUCE CUP     |                   |
| FRUIT / VEGGIE BAR                                                                             | MILK      | FRUIT / VEGGIE BAR                   | MILK      | FRUIT / VEGGIE BAR M                                                         | ILK     | FRUIT / VEGGIE BAR               | MILK         | FRUIT / VEGGIE BAR | MILK              |
| HAMBURGER ON GF B                                                                              | UN 6      | WALKING TACOS                        |           | GF CHICKEN TENDERS                                                           |         | BBQ QTF RIB ON GF I              |              | -                  | 10                |
| OR GF CORNDOG                                                                                  |           |                                      |           | WITH GF CHIPS                                                                |         |                                  |              |                    |                   |
| CORN                                                                                           |           | REFRIED BEANS                        |           | MASHED POTATOES & GRA                                                        | VY      | SWEET POTATO FRIES               |              | MIXED VEGGIES      |                   |
| PEARS                                                                                          |           | PINEAPPLE                            |           | ROSY APPLESAUCE                                                              |         | FRESH FRUIT                      |              | MANDARIN ORANGES   |                   |
| FRUIT / VEGGIE BAR                                                                             | MILK      | FRUIT / VEGGIE BAR                   | MILK      | FRUIT / VEGGIE BAR M                                                         | ILK     | FRUIT / VEGGIE BAR               | MILK         | FRUIT / VEGGIE BAR | MILK              |
| HAMBURGER ON GF B                                                                              | UN 13     | SENIOR MEAL                          | 14        | BBQ QTF RIB ON GF BUI                                                        | V 15    | CHEESEBURGER                     | 16           | GF PIZZA           | 17                |
| OR GF CORNDOG                                                                                  |           | TALK TO KITCHEN                      |           |                                                                              |         | ON GF BUN                        |              |                    |                   |
| CORN                                                                                           |           | CHEESY POTATOES                      |           | BAKED BEANS                                                                  |         | FRENCH FRIES                     |              | GREEN BEANS        |                   |
| PEACHES                                                                                        |           | STRAWBERRIES & BANAN                 | AS        | APPLESAUCE CUP                                                               |         | FRUIT CUP                        |              | PINEAPPLE          |                   |
|                                                                                                |           | GF COOKIE                            |           |                                                                              |         | TRIVE (LIEGGIE DAD               |              |                    |                   |
| ·                                                                                              |           | - ,                                  |           | FRUIT / VEGGIE BAR M                                                         | ILK     | FRUIT / VEGGIE BAR               | MILK         | FRUIT / VEGGIE BAR | MILK              |
| GF CHICKEN TENDERS                                                                             | 5 20      | BEEF & CHEESE NACHO                  | S 21      |                                                                              | 22      |                                  | 23           |                    | 24                |
| WITH GF CHIPS                                                                                  |           |                                      |           | COOK'S CHOICE                                                                |         | COOK'S CHOICE                    |              | COOK'S CHOIC       | E                 |
| PLAIN ROASTED POTATOES                                                                         |           | REFRIED BEANS                        |           |                                                                              |         |                                  |              |                    | <del>-</del>      |
| PEACHES                                                                                        |           | MANDARIN ORANGES                     |           | TALK TO TH                                                                   | IE KIT  | CHEN TO REQUEST WH               | IAT GF I     | FEM YOU WANT!      |                   |
| FRUIT / VEGGIE BAR                                                                             | MILK      | FRUIT / VEGGIE BAR                   | MILK      | FRUIT / VEGGIE BAR M                                                         | ILK     | FRUIT / VEGGIE BAR               | MILK         | FRUIT / VEGGIE BAR | MILK              |
|                                                                                                | 27        |                                      | 28        |                                                                              | 29      | NO LUNCH SERVED                  | 30           |                    | 31                |
| NO SCHOOL                                                                                      |           | COOK'S CHOICE                        |           | COOK'S CHOICE                                                                |         | 11:00 AM DISMIS                  | SSAT.        | ENJOY YOUR SUI     | MMER              |
| MEMORIAL DAY                                                                                   |           | COOKSCHOICE                          |           | COOKSCHOICE                                                                  |         | LAST DAY OF SCHO                 |              | 2.1301 1001 801    | ,,1               |
|                                                                                                |           | FRUIT / VEGGIE BAR                   | MILK      | FRUIT / VEGGIE BAR M                                                         | ILK     |                                  |              |                    |                   |
|                                                                                                | M:        |                                      |           | resh Romaine Lettuce, Tomatoes, Car<br>pers, And Cauliflower. All Items On M |         |                                  | luct Availal | nility.            |                   |
|                                                                                                | IVI       | 1 1100 Contain Other Choices Like Ci | acıy, rep | poro, and caumower. An items on M                                            | cnu Aie | Subject to Change Daseu Off Prot | auci Avaiidi |                    |                   |
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|                                                                                                |           |                                      |           | GLUTEN FREE                                                                  |         |                                  |              |                    | Y <b>202</b> 4    |

## **UNION COMMUNITY SCHOOLS**

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| GLUTEN FREE Cereal with    |                                                                                                                                                                                                                                                                      | GLUTEN FREE Cereal with                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                           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| Yogurt or Cheese Stick     |                                                                                                                                                                                                                                                                      | Yogurt or Cheese Stick                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                           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| 100% Fruit Juice & Fruit   | Milk                                                                                                                                                                                                                                                                 | 100% Fruit Juice & Fruit                                                                                                                                                                                                                                                                                               | Milk                                                                                                                                                                                                                                                                                                                                                                                                      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| ]                          | GLUTEN FREE Cereal with Yogurt or Cheese Stick k 100% Fruit Juice & Fruit  13  GLUTEN FREE Cereal with Yogurt or Cheese Stick k 100% Fruit Juice & Fruit  20  GLUTEN FREE Cereal with Yogurt or Cheese Stick k 100% Fruit Juice & Fruit  27  GLUTEN FREE Cereal with | GLUTEN FREE Cereal with Yogurt or Cheese Stick  k 100% Fruit Juice & Fruit Milk  13 14  GLUTEN FREE Cereal with Yogurt or Cheese Stick  k 100% Fruit Juice & Fruit Milk  20 21  GLUTEN FREE Cereal with Yogurt or Cheese Stick  k 100% Fruit Juice & Fruit Milk  27 28  GLUTEN FREE Cereal with Yogurt or Cheese Stick | GLUTEN FREE Cereal with Yogurt or Cheese Stick  k 100% Fruit Juice & Fruit  Milk 100% Fruit Juice & Fruit  GLUTEN FREE Cereal with Yogurt or Cheese Stick  k 100% Fruit Juice & Fruit  GLUTEN FREE Cereal with Yogurt or Cheese Stick  k 100% Fruit Juice & Fruit  GLUTEN FREE Cereal with Yogurt or Cheese Stick  k 100% Fruit Juice & Fruit  Milk 100% Fruit Juice & Fruit  GLUTEN FREE Cereal with Yogurt or Cheese Stick  GLUTEN FREE Cereal with Yogurt or Cheese Stick  Milk 100% Fruit Juice & Fruit  GLUTEN FREE Cereal with Yogurt or Cheese Stick  GLUTEN FREE Cereal with Yogurt or Cheese Stick | GLUTEN FREE Cereal with Yogurt or Cheese Stick  k 100% Fruit Juice & Fruit Milk  13 14 15  GLUTEN FREE Cereal with Yogurt or Cheese Stick  k 100% Fruit Juice & Fruit Milk  14 15  GLUTEN FREE Cereal with Yogurt or Cheese Stick  k 100% Fruit Juice & Fruit Milk  16 17 18 100% Fruit Juice & Fruit Milk  17 18 100% Fruit Juice & Fruit Milk  18 100% Fruit Juice & Fruit Milk  19 100% Fruit Juice & Fruit Milk  20 21 22  GLUTEN FREE Cereal with Yogurt or Cheese Stick  K 100% Fruit Juice & Fruit Milk  20 21 22  GLUTEN FREE Cereal with Yogurt or Cheese Stick  K 100% Fruit Juice & Fruit Milk  20 GLUTEN FREE Cereal with Yogurt or Cheese Stick  GLUTEN FREE Cereal with Yogurt or Cheese Stick | GLUTEN FREE Cereal with Yogurt or Cheese Stick  k 100% Fruit Juice & Fruit  GLUTEN FREE Cereal with Yogurt or Cheese Stick  k 100% Fruit Juice & Fruit  Milk  GLUTEN FREE Cereal with Yogurt or Cheese Stick  GLUTEN FREE Cereal with Yogurt or Cheese Stick  Milk  100% Fruit Juice & Fruit  Milk  GLUTEN FREE Cereal with Yogurt or Cheese Stick  GLUTEN FREE Cereal with Yogurt or Cheese Stick  Milk  GLUTEN FREE Cereal with Yogurt or Cheese Stick  Milk  100% Fruit Juice & Fruit  GLUTEN FREE Cereal with Yogurt or Cheese Stick  Milk  100% Fruit Juice & Fruit  GLUTEN FREE Cereal with Yogurt or Cheese Stick  Milk  GLUTEN FREE Cereal with Yogurt or Cheese Stick  GLUTEN FREE Cereal with Yogurt or Cheese Stick | 6 7 8 9  GLUTEN FREE Cereal with Yogurt or Cheese Stick | 100% Fruit Juice & Fruit   Milk   100% |