

# MARK WEST UNION SCHOOL DISTRICT Lunch Menu



**AUGUST 2021**

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
| <b>FAVE 5 OF THE DAY</b>   |  |  |  |  |
| <b>Cheeseburger<br/>w/ Oven Baked Fries</b>  | <b>Beef Nachos<br/>w/ Tortilla Chips</b>   | <b>Chicken Nuggets &amp; Mash</b>  | <b>Baked Ziti w/ Meat Sauce</b>  | <b>Beef, Bean &amp; Cheese Burrito<br/>Hot Sauce</b>   |
| <b>SANDWICH OF THE DAY</b>   |  |  |  |  |
| <b>Soybutter &amp; Jelly</b>   | <b>Chicken &amp; Cheese Pita</b>   | <b>Chicken Salad</b>   | <b>Turkey Chipotle Wrap</b>  | <b>Turkey Ham &amp; Cheese Croissant-<br/>Mayonnaise</b>   |
| <b>FEATURED ENTRÉE OF THE DAY</b>  |  |  |  |  |
| 2<br><b>Beef Hot Dog<br/>Oven Baked Fries</b><br><i>Oven Baked Fries w/ Ketchup<br/>Apple</i>                                | 3<br><b>Chicken Tamale<br/>Mixed Vegetables</b><br><i>Baby Carrots<br/>100% Fruit Juice</i>        | 4<br><b>Chicken Alfredo Pasta<br/>w/ Steamed Broccoli</b><br><i>Whole Grain Cookie<br/>Tuscan White Bean Salad<br/>Banana</i>              | 5<br><b>BBQ Meatballs<br/>w/ Seasoned Potato Wedges</b><br><i>Dinner Roll<br/>Baby Carrots<br/>Orange</i>                            | 6<br><b>Chicken Enchiladas<br/>w/ Red Sauce</b><br><i>Mixed Green Salad w/ Ranch<br/>100% Fruit Juice</i>                  |
| 9<br><b>Beef Chili Cheese Fries<br/>w/ Original Baked Chips</b><br><i>Oven Baked Fries w/ Ketchup<br/>Apple</i>              | 10<br><b>Chicken Teriyaki<br/>w/ Chow Mein Noodles</b><br><i>Baby Carrots<br/>100% Fruit Juice</i> | 11<br><b>Oven Roasted Drumstick<br/>Mash &amp; Gravy</b><br><i>Dinner Roll<br/>Pinto Bean Salad<br/>Banana</i>                             | 12<br><b>Chicken Burrito Bowl</b><br><i>Whole Grain Dessert<br/>Baby Carrots<br/>Orange</i>  | 13<br><b>Meatball Sub Sandwich</b><br><i>House Salad w/ Italian<br/>100% Fruit Juice</i>                                   |
| 16<br><b>Chicken Patty Burger<br/>Oven Baked Fries</b><br><i>Oven Baked Fries w/ Ketchup<br/>Apple</i>                       | 17<br><b>Cheese Lasagna<br/>w/ Tomato Basil Sauce</b><br><i>Baby Carrots<br/>100% Fruit Juice</i>  | 18<br><b>Build Your Own Turkey Tacos<br/>w/ Refried Beans<br/>Tortillas</b><br><i>Jicama &amp; Bean Salad w/ Tajin Dressing<br/>Banana</i> | 19<br><b>Breakfast for Lunch:<br/>Pancake, Chicken Sausage &amp;<br/>Seasoned Wedges</b><br><i>Syrup<br/>Baby Carrots<br/>Orange</i> | 20<br><b>Mac &amp; Cheese</b><br><i>Whole Grain Dessert<br/>Kale &amp; Green Apple Salad w/ Ranch<br/>100% Fruit Juice</i> |
| 23<br><b>Honey-Mustard<br/>Grilled Chicken Sandwich<br/>Oven Baked Fries</b><br><i>Oven Baked Fries w/ Ketchup<br/>Apple</i> | 24<br><b>Turkey Chili<br/>w/ Original Popped Chips</b><br><i>Baby Carrots<br/>100% Fruit Juice</i> | 25<br><b>Orange Chicken<br/>w/ "Not So Fried" Rice</b><br><i>Sweet Edamame Salad<br/>Banana</i>  | 26<br><b>Spaghetti &amp; Meatballs</b><br><i>Baby Carrots<br/>Orange</i>   | 27<br><b>Hamburger</b><br><i>BBQ Popped Chips<br/>Ketchup<br/>Lettuce, Tomato &amp; Pickle Kit<br/>100% Fruit Juice</i>    |
| 30<br><b>Beef Hot Dog<br/>Oven Baked Fries</b><br><i>Oven Baked Fries<br/>Apple</i>  | 31<br><b>Chicken Tamale<br/>Mixed Vegetables</b><br><i>Baby Carrots<br/>100% Fruit Juice</i>       | 1<br><b>Chicken Alfredo Pasta<br/>w/ Steamed Broccoli</b><br><i>Whole Grain Cookie<br/>Tuscan White Bean Salad<br/>Banana</i>              | 2<br><b>BBQ Meatballs<br/>w/ Seasoned Potato Wedges</b><br><i>Dinner Roll<br/>Baby Carrots<br/>Orange</i>                            | 3<br><b>Chicken Enchiladas<br/>w/ Red Sauce</b><br><i>Mixed Green Salad w/ Ranch<br/>100% Fruit Juice</i>                  |

**We are offering 3 choices of entrees each day.**

All entrées served with Whole fruit, 100% Fruit Juice or Fruit Cup and a choice of 1% milk, fat free unflavored or fat free chocolate milk.

All grain items offered are Whole Grain Rich. Menus are subject to change without notice.

This institution is an equal opportunity provider.

