

# MARK WEST UNION SCHOOL DISTRICT Lunch Menu-Sept 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEKLY 5 FAVE</b>				
<b>Cheeseburger w/ Oven Baked Fries</b>	<b>Beef Nachos w/ Tortilla Chips</b>	<b>Chicken Nuggets &amp; Mash</b>	<b>Baked Ziti w/ Meat Sauce</b>	<b>Beef, Bean &amp; Cheese Burrito <i>Hot Sauce</i></b>
<b>SANDWICH OF THE DAY</b>				
<b>Turkey Ham &amp; Cheese Croissant <i>Mayonnaise</i></b>	<b>Italian Combo on Hoagie Roll</b>	<b>Chicken Salad Sandwich</b>	<b>Chicken &amp; Cheese Pita Cucumber Slices</b>	<b>Soybutter &amp; Jelly</b>
<b>FEATURED ENTRÉE OF THE DAY</b>				
30	31	1	2	3
<b>Beef Hot Dog Oven Baked Fries</b>	<b>Chicken Tamale Mixed Vegetables</b>	<b>Chicken Alfredo Pasta w/ Steamed Broccoli <i>Whole Grain Cookie</i></b>	<b>BBQ Meatballs w/ Seasoned Potato Wedges <i>Dinner Roll</i></b>	<b>Chicken Enchiladas w/ Red Sauce</b>
<i>Oven Baked Fries w/ Ketchup</i>	<i>Baby Carrots</i>	<i>Tuscan White Bean Salad</i>	<i>Baby Carrots</i>	<i>Mixed Green Salad w/ Ranch</i>
<i>Apple</i>	<i>100% Fruit Juice</i>	<i>Banana</i>	<i>Orange</i>	<i>100% Fruit Juice</i>
6	7	8	9	10
<b>Labor Day</b>	<b>Chicken Teriyaki w/ Chow Mein Noodles</b>	<b>Meatloaf Mash &amp; Gravy <i>Dinner Roll</i></b>	<b>Chicken Burrito Bowl <i>Whole Grain Dessert</i></b>	<b>Meatball Sub Sandwich</b>
<b>Holiday</b>	<i>Baby Carrots</i>	<i>Pinto Bean Salad</i>	<i>Baby Carrots</i>	<i>House Salad w/ Italian</i>
	<i>100% Fruit Juice</i>	<i>Banana</i>	<i>Orange</i>	<i>100% Fruit Juice</i>
13	14	15	16	17
<b>Chicken Patty Burger Oven Baked Fries</b>	<b>Cheese Lasagna w/ Tomato Basil Sauce</b>	<b>Build Your Own Turkey Tacos w/ Refried Beans Tortillas</b>	<b>Breakfast for Lunch: Pancake, Chicken Sausage &amp; Seasoned Wedges <i>Syrup</i></b>	<b>Mac &amp; Cheese <i>Whole Grain Dessert</i></b>
<i>Oven Baked Fries w/ Ketchup</i>	<i>Baby Carrots</i>	<i>Jicama &amp; Bean Salad w/ Tajin Dressing</i>	<i>Baby Carrots</i>	<i>Kale &amp; Green Apple Salad w/ Ranch</i>
<i>Apple</i>	<i>100% Fruit Juice</i>	<i>Banana</i>	<i>Orange</i>	<i>100% Fruit Juice</i>
20	21	22	23	24
<b>Honey-Mustard Grilled Chicken Sandwich Oven Baked Fries</b>	<b>Turkey Chili <i>w/ Original Popped Chips</i></b>	<b>Orange Chicken w/ "Not So Fried" Rice</b>	<b>Spaghetti &amp; Meatballs</b>	<b>Hamburger <i>BBQ Popped Chips</i> Ketchup</b>
<i>Oven Baked Fries w/ Ketchup</i>	<i>Baby Carrots</i>	<i>Sweet Edamame Salad</i>	<i>Baby Carrots</i>	<i>Lettuce, Tomato &amp; Pickle Kit</i>
<i>Apple</i>	<i>100% Fruit Juice</i>	<i>Banana</i>	<i>Orange</i>	<i>100% Fruit Juice</i>
27	28	29	30	1
<b>Beef Hot Dog Oven Baked Fries</b>	<b>Chicken Tamale Mixed Vegetables</b>	<b>Chicken Alfredo Pasta w/ Steamed Broccoli <i>Whole Grain Cookie</i></b>	<b>BBQ Meatballs w/ Seasoned Potato Wedges <i>Dinner Roll</i></b>	<b>Chicken Enchiladas w/ Red Sauce</b>
<i>Oven Baked Fries</i>	<i>Baby Carrots</i>	<i>Tuscan White Bean Salad</i>	<i>Baby Carrots</i>	<i>Mixed Green Salad w/ Ranch</i>
<i>Apple</i>	<i>100% Fruit Juice</i>	<i>Banana</i>	<i>Orange</i>	<i>100% Fruit Juice</i>

|| entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider.  
change without notice.

Menus are subject to change without notice.



