


MARK WEST UNION SCHOOL DISTRICT



Monday	Tuesday	Wednesday	Thursday	Friday
WEEKLY 5 FAVE				
Cheeseburger Oven Baked Fries- Ketchup	Cheese Lasagna w/ Tomato Basil Sauce	Beef Nachos w/ Original Popped Chips	Chicken Tamale w/ Season Corn	Beef, Bean & Cheese Burrito Hot Sauce
SANDWICH OF THE DAY				
Turkey & Cheese Sandwich on French Roll Mayonnaise Oven Baked Fries w/Ketchup	Beef Pastrami & Cheese Sandwich on French Roll Mayonnaise Baby Carrots 1/4 cup	Turkey Breast Club Sandwich Mayonnaise Nacho Chips w/Bean Dip	Italian Turkey Submarine Fruitable Juice 4 oz.	Pinwheel Smoked Turkey & Cheese Sandwich Mayonnaise
FEATURED ENTRÉE OF THE DAY				
			1	2
<h1>Lunch Menu September 2022</h1>			Breakfast for Lunch: Pancake, Turkey Sausage Links & Seasoned Potatoes -Syrup Baby Carrots (1/4 c) Seasonal Fruit	Mac & Cheese Whole Grain Oatmeal Cookie House Salad w/ Italian Seasonal Fruit
5	6	7	8	9
LABOR DAY NO SCHOOL	Spaghetti & Meatball w/Tomatoe Basil Sauce Baby Carrots (1/2 c) 100% Fruit Juice	Chicken Fajitas w/ Refried Beans & Peppers Whole Grain Tortillas Cucumber w/ Tajin 1/4c Seasonal Fruit	Chicken Nuggets w/ Mashed Potatoes Baby Carrots (1/4 c) Apple Sauce	Hamburger Whole Grain Sugar Cookie Lettuce, Tomatoe & Pickle Kit Seasonal Fruit
12	13	14	15	16
Turkey Taco Burger Oven Baked Fries Ketchup Oven Baked Fries in Meal Seasonal Fruit	Chicken Teriyaki Chow Mein Noodles Baby Carrots (1/2 c) 100% Fruit Juice	Chicken Burrito Bowl w/ Rice & Black Beans Whole Grain Oatmeal Cookie Cucumber w Tajin 1/4c Seasonal Fruit	Bake Ziti w/ Meat Sauce Baby Carrots (1/4 c) Seasonal Fruit	Beef Rib-A- Que Sandwich on Hoagie Roll House Salad w/ Italian Seasonal Fruit
19	20	21	22	23
Beef Hot Dog Oven Baked Fries Ketchup Oven Baked Fries in Meal Seasonal Fruit	Chicken Alfredo Pasta w/ Steamed Broccoli Baby Carrots (1/2 c) 100% Fruit Juice	Chicken Chili Verde w/Pinto Beans & Rice W/G Chocolate Chip Cookie Jicama Sticks w/Tajin 1/4 c Seasonal Fruit	Beef BBQ Meatballs w/ Mashed Potatoes Dinner Roll Baby Carrots (1/4 c) Seasonal Fruit	Chicken Parm Sandwich Roman Lettuce w/Ranch Seasonal Fruit
26	27	28	29	30
Chicken Patty Burger Oven Baked Fries Ketchup Oven Baked Fries in Meal Seasonal Fruit	Chicken Enchiladas w/ Creamy Green Salsa Baby Carrots (1/2 c) 100% Fruit Juice	Turkey and Bean Chili w/ Tortilla Chips Cucumber w/ Tajin 1/4c Seasonal Fruit	Breakfast for Lunch: Pancake, Turkey Sausage Links & Seasoned Potatoes -Syrup Baby Carrots (1/4 c) Seasonal Fruit	Mac & Cheese Whole Grain Sugar Cookie House Salad w/ Italian Seasonal Fruit

All entrées served with choice of 1% milk, fat free or chocolate milk. All grain items offered are Whole Grain Rich. This institution is an equal opportunity provider.

Menus are subject to change without notice.