



# 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/ Seasoned Corn

**Beef, Bean & Cheese Burrito**  
Hot Sauce

## SANDWICH OF THE DAY

**Turkey & Cheese Sandwich**  
on WG Croissant  
Mayonnaise  
Oven Baked Fries w/Ketchup

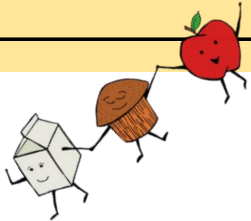
**Italian Turkey Submarine**  
Mayonnaise  
Baby Carrots 1/4 cup

**Turkey Breast**  
on Whole Grain Roll  
Mayonnaise  
Garbanzo Bean & Corn Salad

**Turkey & Cheese**  
Sandwich on Hoagie  
Baby Carrots (1/2 c)

**Smoked Turkey & Cheese Sandwich**  
on Knot Roll  
Mayonnaise

## FEATURED ENTRÉE OF THE DAY



1  
**Spaghetti & Meatball**  
w/Tomato Basil Sauce  
Baby Carrots (1/4 c)  
Seasonal Fruit

2  
**Chicken Fajitas**  
w/ Refried Beans & Peppers  
Whole Grain Tortillas  
Jicama Sticks w/Tajin 1/4 c  
Seasonal Fruit

3  
**Chicken Nuggets**  
w/ Mashed Potatoes  
Baby Carrots (1/4 c)  
Seasonal Fruit

4  
**BBQ Beef Rib-A-Que**  
Sandwich  
House Salad w/ Italian Dressing  
100% Fruit Juice

7  
**Chicken Patty Burger**  
Oven Baked Fries- Ketchup  
Oven Baked Fries in Meal  
Seasonal Fruit

8  
**Chicken Teriyaki**  
Chow Mein Noodles  
Baby Carrots (1/2 c)  
Seasonal Fruit

9  
**Chicken Burrito Bowl**  
w/ Rice & Black Beans  
Cucumber w Tajin 1/4c  
Seasonal Fruit

10  
**Albondigas Meatball Soup**  
Tortilla Chips  
Baby Carrots (1/4 c)  
Seasonal Fruit

11  
**NO SCHOOL**  
Veterans' Day  
Holiday

14  
**Hot Dog**  
Oven Baked Fries  
Ketchup  
Oven Baked Fries in Meal  
Seasonal Fruit

15  
**Chicken Alfredo Pasta**  
w/ Steamed Broccoli  
Baby Carrots (1/2 c)  
Seasonal Fruit

16  
**Chicken Chili Verde**  
w/Pinto Beans & Rice  
Jicama Sticks w/Tajin 1/4 c  
Seasonal Fruit

17  
**Turkey Dinner Special**  
w/ Mashed Potatoes & Gravy  
Corn Muffin  
Baby Carrots (1/4 c)  
Seasonal Fruit

18  
**Hamburger**  
Whole Grain Chocolate Chip Cookie  
Ketchup  
Lettuce, Tomato, Pickle Kit  
100% Fruit Juice

## THANKSGIVING BREAK- NO SCHOOL

28  
**Cheeseburger**  
Oven Baked Fries  
Ketchup  
Oven Baked Fries in Meal  
Seasonal Fruit

29  
**Spaghetti & Beef Meatballs**  
w/ Tomato Basil Sauce  
Baby Carrots (1/2 c)  
Seasonal Fruit

30  
**Turkey & Bean Chili**  
Tortilla Chips  
Jicama Sticks w/Tajin 1/4 c  
Seasonal Fruit

## NOVEMBER 2022 LUNCH Menu



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.