

MARK WEST UNION SCHOOL DISTRICT

February 2023 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
WEEKLY 5 FAVE				
Cheeseburger Oven Baked Fries- Ketchup	Cheese Lasagna w/ Tomato Basil Sauce	Beef Nachos - Original Popped Chips	Chicken Tamale w/ Seasoned Corn	Beef, Bean & Cheese Burrito Hot Sauce
SANDWICH OF THE DAY				
Turkey & Cheese Torta Side of Baked Fries w/ Ketchup	Smoked Turkey & Cheese Sandwich on Knot Roll- Mayonnaise- Baby Carrots 1/2 cup	Turkey Breast Sandwich on Whole Grain Roll - Garbanzo Bean Salad	Italian Turkey Submarine w/ Carrots (1/2 c)	Smoked Turkey & Cheese Sandwich on Knot Roll- Mayonnaise-
FEATURED ENTRÉE OF THE DAY				
		1	2	3
		Chicken Burrito Bowl w/ Pinto Beans & Rice Jicama Sticks w/ Tajin (1/4 c) Seasonal Fruit	Breakfast for Lunch: Pancake, Chicken Sausage & Seasoned Potatoes Baby Carrots (1/4 c) Seasonal Fruit	Beef, Bean & Cheese Burrito Hot Sauce Spinach Salad w/ Italian Dressing 100% Fruit Juice
6	7	8	9	10
Hot Dog Baked Fries Ketchup Oven Baked Fries in Meal 100% Fruit Juice	Chicken Alfredo Pasta w/ Steamed Broccoli Baby Carrots (1/2 c) Seasonal Fruit	Turkey & Bean Chili -Corn Loaf Cucumber Slices (1/4 c) Seasonal Fruit	Chicken Tortilla Soup -Tortilla Chips Baby Carrots (1/4 c) Seasonal Fruit	Hamburger -Ketchup - Spinach, Tomato, Pickle Kit Seasonal Fruit
13	14	15	16	17
Lincoln's Birthday Holiday No School	Firecracker Chicken -Yakisoba Noodles Baby Carrots (1/2 c) Seasonal Fruit	Beef Picadillo w/ Black Beans & Rice Celery Sticks (1/4 c) Seasonal Fruit	Chicken Nuggets w/ Mashed Potatoes Baby Carrots (1/4 c) Seasonal Fruit	BBQ Beef Rib-A-Que Lettuce, Tomato, Pickle Kit Seasonal Fruit
20	21	22	23	24
Presidents' Day Holiday No School	Chicken Enchiladas w/ Creamy Green Salsa Baby Carrots (1/2 c) Seasonal Fruit	Chicken Burrito Bowl (Red Salsa) w/ Pinto Beans & Rice Cucumber Slices (1/4 c) Seasonal Fruit	Chicken Noodle Soup Whole Grain Cookie Baby Carrots (1/4 c) Seasonal Fruit	Mac & Cheese Spinach Salad w/ Italian Dressing Seasonal Fruit
27	28	1	2	3
Honey Mustard (packet) Chicken Sandwich Oven Baked Fries - Oven Baked Fries in Meal 100% Fruit Juice	Penne & Meatballs w/Tomato Basil Sauce Baby Carrots (1/2 c) Seasonal Fruit	Chicken Fajitas w/ Refried Beans & Corn Whole Grain Tortillas Celery Sticks (1/4 c) Seasonal Fruit	Breakfast for Lunch: Pancake, Chicken Sausage & Seasoned Potatoes Baby Carrots (1/4 c) Seasonal Fruit	Beef, Bean & Cheese Burrito Hot Sauce Spinach Salad w/ Italian Dressing 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. are subject to change without notice.

