



# MARK WEST UNION SCHOOL DISTRICT Lunch Menu- OCT. 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 Hot Sauce</b>
<b>SANDWICH OF THE DAY</b>				
<b>Italian Combo on Hoagie Roll Side of Baked Fries w/ Ketchup Mayonnaise</b>	<b>Turkey Ham &amp; Cheese Croissant - Baby Carrots Mayonnaise</b>	<b>Turkey &amp; Cheese Sandwich on WG Hawaiian Roll -Baby Carrots- Mayonnaise</b>	<b>Soybutter &amp; Jelly Sandwich Fruitable Juice</b>	<b>Chicken Salad Sandwich</b>
<b>FEATURED ENTRÉE OF THE DAY</b>				
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 Whole Grain Cookie</b>	<b>BBQ Meatballs w/ Seasoned Potato Wedges Dinner Roll</b>	<b>Chicken Enchiladas w/ Red Sauce</b>
<i>Oven Baked Fries in meal</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>Apple</i>
4	5	6	7	8
<b>Beef Chili Cheese Fries w/Churro Chips</b>	<b>Chicken Teriyaki w/ Chow Mein Noodles</b>	<b>Meatloaf Mash &amp; Gravy Dinner Roll</b>	<b>Chicken Burrito Bowl Whole Grain Dessert</b>	<b>Parent Teacher Conferences</b>
<i>Oven Baked Fries in meal</i>	<i>Baby Carrots</i>	<i>Pinto Bean Salad</i>	<i>Baby Carrots</i>	<i>No School for Students</i>
<i>Apple</i>	<i>100% Fruit Juice</i>	<i>Banana</i>	<i>Orange</i>	
11	12	13	14	15
<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 Syrup</b>	<b>Mac &amp; Cheese Whole Grain Dessert</b>
<i>Oven Baked Fries in meal</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>Apple</i>
18	19	20	21	22
<b>Honey-Mustard Grilled Chicken Sandwich Oven Baked Fries</b>	<b>Turkey Chili w/ Original Popped Chips</b>	<b>Orange Chicken w/ "Not So Fried" Rice</b>	<b>Spaghetti &amp; Meatballs</b>	<b>Hamburger BBQ Popped Chips Ketchup</b>
<i>Oven Baked Fries in meal</i>	<i>Baby Carrots</i>	<i>Sweet Chickpea &amp; 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>Apple</i>
25	26	27	28	29
<b>Beef Hot Dog Oven Baked Fries</b>	<b>Chicken Tamale Mixed Vegetables</b>	<b>Chicken Alfredo Pasta w/ Steamed Broccoli Whole Grain Cookie</b>	<b>BBQ Meatballs w/ Seasoned Potato Wedges Dinner Roll</b>	<b>Chicken Enchiladas w/ Red Sauce</b>
<i>Oven Baked Fries in meal</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>Apple</i>

All 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. **Menus are subject to change without notice.**