

MARK WEST UNION SCHOOL DISTRICT

Breakfast Menu

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
26-Feb	27-Feb	28-Feb	29-Feb	1-Mar
Cherrios Cereal w/ Honey Grahams	Vanilla Concha	Frosted Flakes Cereal w/ Honey Grahams	Blueberry Muffin	Cinnamon Chex Cereal w/ Honey Grahams
Cinnamon Crumble	Breakfast Burrito	Yogurt & Honey Grahams	Cinnamon Waffles Syrup	Cranberry Oatmeal Round
<i>Orange & Seasonal Fruit</i>	<i>Orange & Seasonal Fruit</i>	<i>100% Fruit Juice & Seasonal Fruit</i>	<i>Banana & Seasonal Fruit</i>	<i>Pear & Seasonal Fruit</i>
4-Mar	5-Mar	6-Mar	7-Mar	8-Mar
Cherrios Cereal w/ Honey Grahams	Vanilla Concha	Frosted Flakes Cereal w/ Honey Grahams	Lemon Muffin	Cinnamon Chex Cereal w/ Honey Grahams
Mantecada Sweet Bread	Egg & Cheese Empanada	Cinnamon Crumble	Yogurt Parfait w/Blueberries Graham Crackers	Bagel w/Cream Cheese
<i>Orange & Seasonal Fruit</i>	<i>Orange & Seasonal Fruit</i>	<i>100% Fruit Juice & Seasonal Fruit</i>	<i>Banana & Seasonal Fruit</i>	<i>Pear & Seasonal Fruit</i>
11-Mar	12-Mar	13-Mar	14-Mar	15-Mar
Cherrios Cereal w/ Honey Grahams	Vanilla Concha	Frosted Flakes Cereal w/ Honey Grahams	Vanilla Muffin	Cinnamon Chex Cereal w/ Honey Grahams
Cinnamon Delight Bar	Scramble Egg & Cheese Breakfast Sandwich	Cinnamon Roll	Breakfast Cheese Tamale	Conchita & String Cheese
No School	<i>Orange & Seasonal Fruit</i>	<i>100% Fruit Juice & Seasonal Fruit</i>	<i>Banana & Seasonal Fruit</i>	<i>Pear & Seasonal Fruit</i>
18-Mar	19-Mar	20-Mar	21-Mar	22-Mar
SPRING BREAK				
No School	No School	No School	No School	No School
25-Mar	26-Mar	27-Mar	28-Mar	29-Mar
Cherrios Cereal w/ Honey Grahams	Vanilla Concha	Frosted Flakes Cereal w/ Honey Grahams	Lemon Muffin	Cinnamon Chex Cereal w/ Honey Grahams
Mantecada Sweet Bread	Egg & Cheese Empanada	Cinnamon Crumble	Yogurt Parfait w/Blueberries Graham Crackers	Bagel w/Cream Cheese
<i>Orange & Seasonal Fruit</i>	<i>Orange & Seasonal Fruit</i>	<i>100% Fruit Juice & Seasonal Fruit</i>	<i>Banana & Seasonal Fruit</i>	<i>Pear & Seasonal Fruit</i>
All entrées served with choice of 1% milk or fat free milk. All grain items offered are Whole Grain Rich MENU SUBJECT TO CHANGE WITHOUT NOTICE				



This institution is an equal opportunity provider.

MARK WEST UNION SCHOOL DISTRICT

Lunch Menu

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
WEEKLY 5 FAVE				
Cheeseburger Oven Baked Fries	Chicken Bites w/ Mashed Potatoes	Chicken Tamale w/Seasoned Diced Carrots	Turkey Nachos Tortilla Chips	Deep Dish Pepperoni Pizza
Cold Entrees of the Day				
Turkey & Cheese Torta Side of Baked Fries	Turkey & Cheese Submarine Sandwich Baby Carrots	Vegetable Chef Salad w/Egg & Cheese Dinner Roll Ranch Dressing	Chicken Salad Sandwich Fava Bean Crisps	Chicken Caprese Salad Dinner Roll Italian Dressing
Double Cheese Torta Side of Baked Fries	Soy Butter & Jelly Sandwich Baby Carrots	Build Your Own Cheese Pizza Kit Marinara Sauce	Cheese Submarine Sandwich Fava Bean Crisps	Egg Salad Sandwich
FEATURED ENTRÉE OF THE DAY				
26-Feb	27-Feb	28-Feb	29-Feb	1-Mar
Cheeseburger Oven Baked Fries	Beef Bulgogi Brown Rice Steamed Broccoli	Chicken Tamale w/Seasoned Diced Carrots	Chicken Burrito Bowl w/Black Beans & Rice	Beef, Bean & Cheese Burrito
Cheese Melt Oven Baked Fries	Cheese Lasagna w/Marinara Sauce	Bean & Cheese Pupusa w/Pinto Beans	Cheese Tamale W/ Black Beans	Deep Dish Cheese Pizza
Baby Carrots	Baby Carrots	Roasted Chickpeas	Celery Sticks	Romaine Salad w/ Ranch Dressing
<i>100% Fruit Juice</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>
4-Mar	5-Mar	6-Mar	7-Mar	8-Mar
Grill Chicken Sandwich Oven Baked Fries BBQ Sauce Packet	Chicken Alfredo Pasta w/Steamed Broccoli	Teriyaki Chicken w/Yakisoba Noodles Cabbage & Carrots	Turkey Nachos Tortilla Chips	Cheeseburger Mac & Cheese
Cheese Melt Oven Baked Fries	Cheese Lasagna w/Marinara Sauce	Bean & Cheese Pupusa w/Pinto Beans	Cheese Tamale W/ Black Beans	Deep Dish Cheese Pizza
Baby Carrots	Baby Carrots	Roasted Chickpeas	Cucumber Slices W/Tapin	Romaine Salad w/ Ranch Dressing
<i>100% Fruit Juice</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>
11-Mar	12-Mar	13-Mar	14-Mar	15-Mar
Hot Dog Oven Baked Fries	Spaghetti w/Meat Sauce	Cheese Enchilada w/Creamy Green Salsa	Chicken Burrito Bowl w/Black Beans & Rice	Hamburger
Cheese Melt Oven Baked Fries	Cheese Lasagna w/Marinara Sauce	Bean & Cheese Pupusa w/Pinto Beans	Cheese Tamale W/ Black Beans	Grilled Cheese Sandwich
Baby Carrots	Baby Carrots	Roasted Chickpeas	Cucumber Slices W/Tapin	Romaine Salad w/ Ranch Dressing
<i>100% Fruit Juice</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>
18-Mar	19-Mar	20-Mar	21-Mar	22-Mar
SPRING BREAK				
No School	No School	No School	No School	No School
25-Mar	26-Mar	27-Mar	28-Mar	29-Mar
Grill Chicken Sandwich Oven Baked Fries BBQ Sauce Packet	Chicken Alfredo Pasta w/Steamed Broccoli	Teriyaki Chicken w/Yakisoba Noodles Cabbage & Carrots	Turkey Nachos Tortilla Chips	Cheeseburger Mac & Cheese
Cheese Melt Oven Baked Fries	Cheese Lasagna w/Marinara Sauce	Bean & Cheese Pupusa w/Pinto Beans	Cheese Tamale W/ Black Beans	Deep Dish Cheese Pizza
Baby Carrots	Baby Carrots	Roasted Chickpeas	Cucumber Slices W/Tapin	Romaine Salad w/ Ranch Dressing
<i>100% Fruit Juice</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>	<i>Seasonal Fruit</i>
All entrées served with choice of 1% milk, fat free or chocolate milk. All grain items offered are Whole Grain Rich MENU SUBJECT TO CHANGE WITHOUT NOTICE				



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