

# 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 w/ Turkey Bacon Mayonnaise**  
Oven Baked Fries w/*Ketchup*

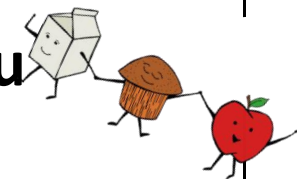
**Beef Pastrami & Cheese Sandwich on French Roll**  
*Mayonnaise*  
Baby Carrots 1/4 cup

**Turkey Breast on Whole Grain Roll**  
*Mayonnaise*  
Nacho Chips w/*Bean Dip*

**Italian Turkey Submarine**  
Fruitable Juice 4 oz.

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

**FEATURED ENTRÉE OF THE DAY**

3	4	5	6	7
<p><b>Turkey Taco Burger</b> Oven Baked Fries <i>Ketchup</i> Cucumber w/ <i>Tajin 1/4c</i> <i>Seasonal Fruit</i></p>	<p><b>Spaghetti &amp; Meatball w/Tomato Basil Sauce</b>  Baby Carrots (1/4 c) <i>Seasonal Fruit</i></p>	<p><b>Chicken Fajitas w/ Refried Beans &amp; Peppers Whole Grain Tortillas</b> Jicama Sticks w/<i>Tajin 1/4 c</i> <i>Seasonal Fruit</i></p>	<p><b>Chicken Nuggets w/ Mashed Potatoes</b>  Baby Carrots (1/4 c) <i>Seasonal Fruit</i></p>	<p><b>NO SCHOOL Parent/Teacher Conference</b></p>
<p><b>10</b></p> <p><b>Cheeseburger</b> Oven Baked Fries- <i>Ketchup</i>  Oven Baked Fries in Meal <i>Seasonal Fruit</i></p>	<p><b>11</b></p> <p><b>Chicken Teriyaki Chow Mein Noodles</b>  Baby Carrots (1/2 c) <i>Seasonal Fruit</i></p>	<p><b>12</b></p> <p><b>Chicken Burrito Bowl w/ Rice &amp; Black Beans</b> <i>Whole Grain Oatmeal Cookie</i> Cucumber w <i>Tajin 1/4c</i> <i>Seasonal Fruit</i></p>	<p><b>13</b></p> <p><b>Bake Ziti w/ Meat Sauce</b>  Baby Carrots (1/4 c) <i>Seasonal Fruit</i></p>	<p><b>14</b></p> <p><b>Chicken Parm Sandwich</b>  Roman Lettuce w/<i>Ranch</i> <i>100% Fruit Juice</i></p>
<p><b>17</b></p> <p><b>Hot Dog Baked Fries</b>  Oven Baked Fries in Meal <i>Seasonal Fruit</i></p>	<p><b>18</b></p> <p><b>Chicken Alfredo Pasta w/ Steamed Broccoli</b>  Baby Carrots (1/2 c) <i>Seasonal Fruit</i></p>	<p><b>19</b></p> <p><b>Chicken Chili Verde w/Pinto Beans &amp; Rice</b> <i>W/G Chocolate Chip Cookie</i> Jicama Sticks w/<i>Tajin 1/4 c</i> <i>Seasonal Fruit</i></p>	<p><b>20</b></p> <p><b>Beef BBQ Meatballs w/ Mashed Potatoes</b> <i>Dinner Roll</i>  Baby Carrots (1/4 c) <i>Seasonal Fruit</i></p>	<p><b>21</b></p> <p><b>Hamburger Poptillas</b> <b>BBQ Ketchup</b>  Lettuce, Tomatoe, Pickle <i>100% Fruit Juice</i></p>
<p><b>24</b></p> <p><b>Chicken Patty Burger</b> Oven Baked Fries <i>Ketchup</i> Oven Baked Fries in Meal <i>Seasonal Fruit</i></p>	<p><b>25</b></p> <p><b>Chicken Enchiladas w/ Creamy Green Salsa</b>  Baby Carrots (1/2 c) <i>Seasonal Fruit</i></p>	<p><b>26</b></p> <p><b>Turkey and Bean Chili w/ Tortilla Chips</b>  Cucumber w/ <i>Tajin 1/4c</i> <i>Seasonal Fruit</i></p>	<p><b>27</b></p> <p><b>Breakfast for Lunch: Pancake, Turkey Sausage Links &amp; Seasoned Potatoes -Syrup</b> Baby Carrots (1/4 c) <i>Seasonal Fruit</i></p>	<p><b>28</b></p> <p><b>Mac &amp; Cheese</b> <i>Whole Grain Sugar Cookie</i>  House Salad w/ <i>Italian</i> <i>100% Fruit Juice</i></p>
<p><b>31</b></p> <p><b>Turkey Taco Burger</b> Oven Baked Fries <i>Ketchup</i> Oven Baked Fries in Meal <i>Seasonal Fruit</i></p>	<p><b>Lunch Menu</b></p>  <p><b>OCTOBER 2022</b></p>			

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.