MARK WEST UNION SCHOOL DISTRICT January 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 Mayonnaise	Smoked Turkey & Cheese Sandwich on Knot Roll- Mayonnaise- Baby Carrots 1/2 cup	Turkey Breast Sandwich on Whole Grain Roll - Mayonnaise Garbanzo Bean Salad	Italian Turkey Submarine Baby Carrots (1/2 c)	Smoked Turkey & Cheese Sandwich on Knot Roll- Mayonnaise
FEATURED ENTRÉE OF THE DAY				
2	3	4	5	6
Winter Break	Baked Ziti w/ Tomato Basil Meat Sauce	Beef Nachos -Original Popped Chips	Chicken Tamale w/ Seasoned Corn	Beef, Bean & Cheese Burrito - Hot Sauce
No School	Baby Carrots (1/2 c)	Jicama Sticks w/ Tajin (1/4 c)	Baby Carrots (1/4 c)	Spinach Salad w/ Italian Dressing
	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	100% Fruit Juice
9	10	11	12	13
Chicken Patty Burger Oven ked Fries Ketchup	Chicken Alfredo Pasta w/ Steamed Broccoli	Turkey & Bean Chili -Corn Muffin	Chicken Tortilla Soup -Tortilla Chips	Mac & Cheese
Oven Baked Fries in Meal	Baby Carrots (1/2 c)	Jicama Sticks w/ Tajin (1/4 c)	Baby Carrots (1/4 c)	Broccoli Dipper w/ Ranch Dressing
Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	100% Fruit Juice
16	17	18	19	20
MLK Holiday	Firecracker Chicken -Yakisoba Noodles	Beef Picadillo w/ Black Beans & Rice	Chicken Drumstick w/ Mashed Potatoes -Cornbread Loaf	Hamburger -Ketchup - BBQ Baked Chips
No School	Baby Carrots (1/2 c)	Jicama Sticks w/ Tajin (1/4 c)	Baby Carrots (1/4 c)	Lettuce, Tomato, Pickle Kit
	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	100% Fruit Juice
23	24	25	26	27
Hot Dog -Oven Baked Fries - Ketchup	Zesty Pasta Bake w/ Tomato Basil Sauce & Vegan Crumble	Chicken Fajitas w/ Refried Beans, Peppers & Corn -Whole Grain Tortillas	Chicken Noodle Soup Whole Grain Cookie	BBQ Beef Rib-A-Que
Oven Baked Fries in Meal	Baby Carrots (1/2 c)	Jicama Sticks w/ Tajin (1/4 c)	Baby Carrots (1/4 c)	Broccoli Dipper w/ Ranch Dressing
Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	100% Fruit Juice
30	31	1	2	3
Honey Mustard Grilled Chicken Sandwich Oven Baked Fries - Ketchup	Chicken Enchiladas w/ Creamy Green Salsa	Chicken Burrito Bowl w/ Pinto Beans & Rice	Breakfast for Lunch: Pancake, Chicken Sausage & Seasoned Potatoes	Beef, Bean & Cheese Burrito Hot Sauce
Oven Baked Fries in Meal	Baby Carrots (1/2 c)	Jicama Sticks w/ Tajin (1/4 c)	Baby Carrots (1/4 c)	Spinach Salad w/ Italian Dressing
Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	100% Fruit Juice

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.